

Cece's Recipe Jar



 ece Stevens

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CECE'S RECIPE JAR
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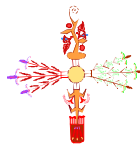
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Printed in the United States
Published by
RAVEN HAWK PUBLISHING ®
3311 S whistler Dr
Tucson Arizona 85730



Yummy Gifts From Your Own Kitchen

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1st printing. Copywrite of
RAVEN HAWK PUBLISHING
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Gifts In A Jar Recipes

Introduction:

I sure hope you enjoy making these "Jar Gifts" as much as I do! It's nice keep several extras on hand for when an unexpected gift-giving occasion arises. I've used them when I've forgotten a friend's birthday, when a new family moves into the neighborhood, teacher gifts, and when I want to say "thank you" for a small favor. I also like to decorate the lids with fabric to match my kitchen, because they look so pretty sitting on my shelf.

You may notice I mention Crisco several times when a recipe calls for shortening. At other times I suggest another brand. I do so, because I have tried many brands, and I like to state, which gives me the best results. Of course, you're welcome to use any brand you wish.

Tips:

When making the jar mixes as a gift, it's nice to put the lid on the jar and tie a pretty ribbon or some raffia around the lid. You should add a personalized label with the title and instructions for finishing the recipe. As an added touch, I like to tie a wooden spoon to the jar, too. Another nice way to present them as a gift is with a fabric lid cover. Here are the instructions for making those:

Mason Jar Fabric Lid Covers

Materials Needed:

Fabric Scraps - 7½" circle for wide mouth jars, 6½" circle for narrow mouth jars

Cotton Fill (optional)

Narrow lace scraps (optional)

1/4" or narrower elastic - 11" for wide mouth jars, 9" for narrow mouth jars

Thread

Directions:

Determine your jar size and cut the appropriate circles.

Trim the edges of the circle as desired. Here are some of the ways I like doing it:

Use pinking shears to trim the edges of the circle.

Zig zag the edge of the circle and apply narrow lace or trim to the edges.

If you have a machine serger, use the rolled hem feature to finish the edges.

Leave the top plain or be creative. There are some very pretty prints you can use that need no decoration but if you use a plain color fabric, small appliques or embroidery can be added to the center of the circle to really personalize the gift.

Fold the elastic in quarters and mark the fold lines. Fold the fabric circle in quarters and mark the fold lines. Match the elastic and fabric fold lines and pin into place, attaching the elastic 2" from the finished edge and stretching the elastic as you sew it.

Place a small amount of Poly Fill stuffing under the fabric before attaching to "puff" the top if you wish.

Tips: If you know the recipients preferences, you can personalize the fabric to match the their dishes or kitchen.

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Layered Soups In A Jar



Note: This makes a great gift for holidays, a friend under the weather, or just to say thanks! And it tastes great too! Decorate the jar with a fabric lid and/or a bow tied around the neck. Be sure to attach the cooking instructions to the jar.

Holiday Bean Soup Mix

1 pound each of dried black beans, red beans, kidney beans., navy beans, great northern beans, baby lima beans, large lima beans, pinto beans, green split peas, yellow split peas, black-eyed peas, green lentils, brown lentils

Combine beans in a very large bowl. Pour two cups of bean mix into 16 ounce canning jars. Each jar holds two cups of the bean mix.

You could also layer the beans in the jar for prettier effect. Just put a layer of each of the beans in until you fill it to the top.

When giving as a gift, attach the following directions and seasonings to the jar:

In a separate zip lock bag add the following spices that are listed:

3 Tablespoons dried Onions, 1 Tablespoon dried Garlic, 1 Bay leaf,
2 Tablespoons dried Parsley, 2 teaspoons salt, 1 teaspoons pepper, 1 teaspoon chili pepper
1 teaspoon cumin seed. Now only liquid ingredients need to be added.

Instructions: Holiday Bean Soup

1 smoked ham hock
2 cans (14.5 oz each) stewed tomatoes
1 medium onion chopped
1 clove garlic minced
1 bay leaf
6 cups water
1/4 cup fresh parsley
1 Tbs. red wine vinegar (Nice leftover red burgundy wine works wonderful here.)
2 teaspoons salt
1 teaspoon chili powder
1 teaspoon cumin seed
1 jar bean mix

Cover the beans with water and soak overnight. *Drain beans and place in a large Dutch oven or stockpot. Add the ham hock, tomatoes, onion, garlic, bay leaf and 6 cups of water. **Bring to a boil over medium-high heat, cover and simmer 1 hour, or until beans are tender. Add the remaining ingredients, (the vinegar, salt, chili powder and cumin seed), and simmer another 15 minutes. Remove bay leaf before serving. Serve warm. Makes 11 cups of soup.

* I normally use the soaked liquid as this adds to the flavor of the soup.

** I bring to a boil and then reduce to low and simmer slow for 4 hours. More flavorful.



Layered Dried Bean Soup Mix In A Jar

Dried Bean mix:

1/2 cup kidney beans
1/2 cup split yellow peas
1/2 cup black beans
1/2 cup red lentils
1/2 cup small red beans
1/2 cup split green peas

Seasoning Mix:

1 Tbs. dried sweet pepper flakes
2 teaspoons chicken bouillon granules
2 teaspoons dried minced onion
1-1/2 teaspoons salt
1 teaspoon dried parsley flakes
1/2 teaspoon black pepper
1/2 teaspoon garlic powder
1/2 teaspoon celery seed
4 Tbs. brown sugar

For dried bean mix, layer each type of bean in a clear glass jar. You will need a 24-oz jar. For seasoning mix, combine the ingredients. Put into a zip lock plastic bag.

When giving as a gift, attach the bag of the seasoning mix to each jar of beans along with the following directions:

Instructions: Seasoned Bean Soup - Makes about 3 cups

3 cups Dried Bean Mix
2 cans stewed tomatoes (14-1/2 ounces each)
Seasoning Mix
1 teaspoon liquid smoke (optional)

Rinse the beans and place in large Dutch oven or stockpot. Pour 4 cups boiling water over beans; cover and let soak overnight. Drain beans and return to stockpot. Add 6 cups water, cover, and bring to a boil over high heat. Reduce heat to low and simmer 1 to 1/2 hours or until beans are almost tender. Add the tomatoes and seasoning mix. Cover and simmer 20 minutes, stirring occasionally. Uncover beans and continue to simmer about 1 hour longer or until beans are tender and soup thickens. Serve warm.



Friendship Soup Mix In A Jar

1/2 cup dry split peas
1/3 cup beef bouillon granules
1/4 cup pearl barley
1/2 cup dry lentils
1/4 cup dried minced onion
2 teaspoons Italian seasoning
1/2 cup uncooked long grain rice
1/2 cup alphabet macaroni or other small macaroni (this can be put in a plastic sandwich bag to make it easier for the recipient to get out of jar)

Layer these ingredients in order given into a 1-1/2 pint jar. Seal tightly and store in a cool dark place.

When giving as a gift, attach the bag of the seasoning mix to each jar of beans along with the following directions:

Instructions: Friendship Soup Mix - makes 4 quarts

Carefully remove macaroni from top of the jar and set aside. In a large Dutch Oven or stockpot, brown 1 pound ground beef, then drain. Add 3 quarts water, 1 (28 oz.) can diced tomatoes (do NOT drain) and the dried soup mix. Bring to a boil then reduce heat. Cover and simmer for 45 minutes. Add the reserved macaroni, cover and simmer for 15 to 20 minutes or until macaroni, lentils, peas, and barley are tender.

Country Soup in a Jar

1/2 cup barley
1/2 cup dried split peas
1/2 cup uncooked rice
1/2 cup dry lentils
2 Tbs. dried minced onion
2 Tbs. dried parsley
2 teaspoons salt
1/2 teaspoon lemon pepper
2 Tbs. beef bouillon granules
1/2 cup uncooked alphabet pasta
1 cup uncooked spiral macaroni

In a wide mouth 1 quart jar, layer the barley, peas, rice and lentils. Then, around the edges, layer the onion, parsley, salt, lemon pepper, bouillon and the alphabet pasta. Fill the rest of the jar with the twist macaroni. Seal the jar and store in a cool dry place. This makes enough for a 1 quart jar.

When giving as a gift, attach the following directions to the jar:

Add contents of jar to a stockpot or Dutch oven with 3 quarts of water, 2 stalks chopped celery, 2 sliced carrots, and 2 cups diced tomatoes. Place over medium low heat, cover and simmer about 1 hour, stirring occasionally, until vegetables are tender.

Variation: add 1 cup of shredded cabbage before cooking.

Layered Patchwork Soup Mix

1/2 cup barley
1/2 cup dried split peas
1/2 cup white rice (uncooked)
1/2 cup dry lentils
1 Tbs. dried parsley
1 teaspoon granulated garlic
1 teaspoon ground black pepper
1 teaspoon salt
1/2 teaspoon garlic powder
1 teaspoon Italian seasoning
1 teaspoon dried sage

In a wide mouth 1 pint jar, layer the barley, split peas and lentils. In a small plastic bag combine the parsley flakes, minced garlic, pepper, salt, garlic powder, herb seasoning and sage. Attach the seasoning packet to the jar with a ribbon or raffia for gift giving. Makes 1 pint sized jar.

When giving as a gift, attach the following directions to the jar:

Empty jar into a colander, rinse and pick over beans. Then place the beans in a large stockpot or Dutch oven and cover with 10 cups water. Stir in 1 medium onion (chopped), and the contents of the seasoning packet. Bring it to a boil, lower heat, cover and simmer for 1 hour, stirring occasionally. Check after 30 minutes and add additional water if necessary.

Soup Mix in a Jar

1/3 cup beef bouillon granules
1/4 cup dehydrated onion flakes
1/2 cup split peas
1/2 cup alphabet, small shell, or ring macaroni (any small shape pasta will do)
1/4 cup barley
1/2 cup lentils
1/3 cup uncooked white rice (not instant)
Tricolor spiral pasta (this can be put in a plastic sandwich bag to make it easier for the recipient to get out of jar)

Use a canning funnel or any funnel that has about a 2-inch neck. This makes it easier to fill the jars with the ingredients. Be sure to use a wide-mouth, one quart sized canning jar.

Layer ingredients in the order given: bouillon, onion flakes, split peas, small shape pasta, barley, lentils, rice, and enough tricolor spiral pasta to fill jar.

When giving as a gift, attach the following directions to the jar:

Instructions:

In large Dutch oven or stockpot, add a little olive oil and brown 1 pound ground beef or stew beef, cut into bite-size pieces. Remove the tricolor pasta from top of jar and reserve. Add the rest of the jar contents to the kettle along with the meat and with 12 cups of water. Let it come to

a boil and simmer for 45 minutes, stirring occasionally. Add the tricolor pasta and simmer another 15 minutes. Serve with your favorite bread or rolls and a tossed salad.

Potato Soup Mix

1-3/4 cups instant mashed potatoes
1-1/2 cups dry milk
2 Tbs. instant chicken bullion
2 teaspoons dried minced onion
1 teaspoon dried parsley
1/4 teaspoon ground white pepper
1/4 teaspoon dried thyme
1/8 teaspoon turmeric
1-1/2 teaspoons seasoning salt (I use Lowry's)

Combine all the ingredients in a bowl and mix well. Place in 1 quart canning jars and seal well. Store in a cool dry place.

When giving as a gift, attach the bag of the seasoning mix to each jar of beans along with the following directions:

Instructions: **Potato Soup Mix** - Makes 6 servings.

Place 1/2 cup mix in soup bowl and add 1 cup boiling water. Stir until smooth.

Variation: Add some shredded cheddar cheese to the mug after adding the boiling water.

Turkey Noodle Soup Mix

1 cup fine egg noodles (uncooked)
1 1/2 Tbs. chicken-flavored bouillon
1/2 teaspoon ground black pepper
1/4 teaspoon dried whole thyme
1/8 teaspoon celery seeds
1/8 teaspoon garlic powder
1 bay leaf

Combine all the ingredients in a medium bowl very thoroughly. Place in a jar or other airtight container.

When giving as a gift, attach the following directions to the jar:

Turkey Noodle Soup

1 package Turkey Noodle Soup Mix
8 cups water
2 carrots, diced
2 stalks celery, diced
1/4 cup minced onion
3 cups cooked diced turkey

In a large stockpot or Dutch oven, combine the Turkey Noodle Soup Mix and the water. Add the carrots, celery, and onion and bring to a boil. Cover the soup, reduce the heat and simmer for 15 minutes. Discard the bay leaf. Stir in the turkey and simmer for an additional 5 minutes.

Note: You can substitute Chicken for the Turkey. This is a great way to use leftover chicken or turkey!

Cake Mixes in a Jar



Basic Cake Mix in a Jar

6 cups flour
3 Tbs. baking powder
1-1/2 cups Crisco Shortening
4 cups granulated white sugar
2 teaspoon salt

In large bowl combine the flour, sugar, baking powder and salt. With pastry blender, cut in shortening until mixture resembles cornmeal. Store in an airtight container in cool, dry place. Use within month if possible. It does keep quite well if stored for a longer period of time, but it's best to store it in the refrigerator if keeping it longer than a month or two. This is a great alternative to packaged mixes.

When giving as a gift, attach the following directions to the jar:

Instructions: Stir together 2 cups of the cake mix with 1 teaspoon vanilla, 1 slightly beaten egg, and 1/2 cup milk. Stir until well blended. Pour into 8-inch square pan. Bake at 350 degrees for 25 to 30 minutes. For a 9 x 13-inch pan or layer cakes, double ingredients.



Hummingbird Cake Mix in a Jar

2 cups flour
1-1/3 cups sugar
1 teaspoon Baking Soda
3/4 teaspoon salt
1 teaspoon cinnamon
2/3 cup pecans, chopped

In a large bowl, mix flour, baking soda, salt and cinnamon blending it thoroughly. Layer this mixture and other ingredients in a 1 quart canning jar in order given. It is helpful to tap jar lightly on a padded surface between each layer of the ingredients so they will fit neatly. Place the lid on the jar.

When giving as a gift, attach the following directions to the jar:

Hummingbird Cake

Empty jar of cake mix into large mixing bowl. Stir the mix with a large wooden spoon mix the ingredients thoroughly. Add 1 cup vegetable oil, 3 beaten eggs, 8 ounce can crushed pineapple (un-drained), 2 cups mashed bananas and 1 and 1/2 teaspoon vanilla. Mix well, making certain all the ingredients are moistened, but do not beat. Spread batter into a greased 10 x 15 inch cake pan or a greased Bundt cake pan. Bake at 350 degrees F for 55 to 60 minutes. Cool, then frost with Hummingbird Cake frosting. (recipe below)

Hummingbird Cake Frosting Mix

1/2 cup vegetable shortening (I prefer Crisco)
4 cups powdered sugar

In a medium sized bowl, mix the ingredients using a pastry blender or two butter knives. Place the mix into a quart size canning jar. It is helpful to tap jar lightly on a padded surface between each layer of the ingredients so they will fit neatly. Place the lid on the jar.

When storing this mix, be sure to store it in a cool, dry place, as heat will cause the vegetable shortening to go rancid. Mix will last 3 - 6 months.

When giving as a gift, attach the following directions to the jar:

Hummingbird Cake Frosting

Pour the mix into a large bowl. Add one 8 ounce package Cream Cheese and 1 teaspoon Vanilla extract to the mix. Beat with electric beater until fluffy. Spread on Hummingbird Cake.

Carrot Cake Mix in a Jar

2 cups sugar
2 teaspoons powdered vanilla
1/2 cup chopped pecans
3 cups all-purpose flour
2 teaspoons baking soda
1 Tbs. cinnamon
1/4 teaspoon nutmeg

Combine all the ingredients on a bowl, blending thoroughly. Store in an airtight container, such as a canning jar.

When giving as a gift, attach the following directions to the jar:

Carrot Cake

Makes 1 9x13 inch cake

Contents of the Carrot Cake Mix Jar

1-1/2 cups vegetable oil
3 large eggs
3 cups grated carrots
1 (8 ounce) can crushed pineapple

Preheat your oven to 350 degrees F and grease a 9x13 inch baking pan. Place the carrot cake mix in a large mixing bowl, make a well in the center of the mix and add the oil, eggs, carrots and pineapple. Blend until the batter is smooth. Pour into the greased pan and bake for 40 to 50 minutes, until a toothpick inserted into the center of the cake comes out clean. Cool the cake and frost if desired, or dust with powdered sugar.



Crazy Chocolate Cake Mix in a Jar

2 cups flour
 2/3 cup cocoa powder (unsweetened)
 3/4 teaspoon salt
 1-1/2 teaspoon baking powder
 1-1/3 cups sugar

Combine flour, salt, cocoa powder and baking powder in a large bowl, mixing thoroughly. Layer ingredients in jar in order given in a 1 quart canning jar. It is helpful to tap jar lightly on a padded surface between each layer of the ingredients so they will fit neatly. Place the lid on the jar.

When giving as a gift, attach the following directions to the jar:

Crazy Cake

3/4 cup vegetable oil
 2 teaspoon vinegar
 1 teaspoon vanilla
 2 cups water
 Contents of jar

Preheat your oven to 350 degrees F. Stir all the cake ingredients together using a wire whisk or fork, making certain that all ingredients are thoroughly mixed together. Bake for 35 minutes.

Serving suggestion: As an alternative to frosting this cake, I find it especially nice served sprinkled with powdered sugar, with fresh fruit on the side.

Lemon Poppy seed Cake Mix

1 1/2 cups sugar 3 cups cake flour 1 1/2 teaspoon baking powder 1/4 cup poppy seeds

Combine all the ingredients in a large mixing bowl and blend well with a wire whisk. Store the mix in an airtight container or canning jar. Makes one package, which is enough for one cake.

When giving as a gift, attach the following directions to the jar:

Lemon Poppy-Seed Cake

3/4 cup butter 6 eggs 1/3 cup milk
1 tsp. vanilla extract 1 tsp. lemon extract (not lemon juice)
Zest of 1 lemon 1 package Lemon Poppy-Seed Cake Mix

Glaze:

1/2 cup sugar 1/2 cup lemon juice

Preheat your oven to 350 degrees F. Butter an 8- to 9-cup Bundt pan. Cream the butter in the large bowl of an electric mixer. Add the eggs, one at a time, beating after adding each. Add the milk, flavor extracts, and lemon zest. The mixture will look curdled. Add the Lemon Poppy-Seed Cake Mix, and continue beating on medium speed for 3 to 4 minutes until mixture is smooth. Pour the batter into your buttered pan and bake for 45 to 55 minutes.

Glaze: Combine the sugar and lemon juice in a small saucepan over medium heat, and bring to boil. Let boil 3 minutes.

When cake is removed from oven, poke the cake all over with a wooden skewer and brush glaze over cake. Let the cake stand for 1 hour and remove from pan to cool on a wire rack. Wrap the cake in plastic wrap to keep fresh.

Cake In A Coffee Cup Mix

(please read all the instructions before starting)

1 cake mix any flavor
1 (4 serving size) instant pudding mix, any flavor (do NOT use sugar free)

Place dry cake mix and dry pudding mix into a large bowl and blend well with a wire whisk. This will make about 4 to 4-1/2 cups dry mix and will make 8 to 9 coffee cup cake mixes.

Place 1/2 cup dry mix into a sandwich bag. Place mix into a corner of the bag and tie it there with a twist tie. Continue making packets until all your dry mix is used.

To prepare for gift giving:

Select a large coffee cup or mug. Check it to be sure it holds 1-1/2 cups of water. That way you will be sure it will be large enough in which to bake the cake. Make certain it doesn't have any metallic paint on it, because it will be used in the microwave. Unless you can verify what type paint was used, it's best to use a plain cup or mug.

You can decorate the cup if you like with paint such as Deco Art Ultra Gloss Acrylic Enamel. That brand can be made dishwasher safe by baking the painted cup in the oven. (Instructions are included on the bottle of paint).

Glaze mix:

1/3 cup powdered sugar
1 1/2 tsp dry flavoring (such as powdered lemonade mix, powdered orange breakfast drink mix, sweetened cocoa powder) Vanilla powder (sold by coffee flavorings)

Select the flavoring appropriate to the cake you are making. For the pineapple coconut cake include flaked coconut in a separate bag with instructions to sprinkle it over the frosted cake.

Place the glaze mix ingredients into a sandwich bag and tie into corner of bag. Label this bag "Glaze Mix" and attach it to the other bag with a twist tie.

Place one bag of cake mix and one bag of glaze mix in each coffee cup. Now attach the following baking instructions to each coffee cup.

Cake In A Coffee Cup (You can should state flavor on this instruction sheet)

Generously spray the inside of the coffee cup with cooking spray. Empty the contents of large packet into cup. Add 1 egg white, 1 tablespoon vegetable oil, and 1 tablespoon water to dry mix. Mix for 15 seconds, carefully mixing in all the dry mix.

Microwave on full power 2 minutes. (You should use a fairly high wattage microwave as you may not get satisfactory results in a low wattage small microwave). While cake is cooking, place ingredients from "Glaze Mix" into a very small container and add 1-1/2 teaspoons water. Mix well. When cake is done, pour glaze over cake in cup. Eat while it's still warm.

Cake and Bread Baked in a Jar

Dropbooks

Chocolate Jar Cakes

8 pint-sized wide-mouth canning jars with rings and lids
1 stick plus 3 Tbsp. unsalted butter
3 cups granulated white sugar
4 eggs
1 Tbsp. vanilla
2 cups applesauce, unsweetened
3 cups flour
3/4 cup unsweetened cocoa powder
1 teaspoon baking soda
1/2 teaspoon baking powder
1/8 teaspoon salt

Caution: This one requires safe canning procedures. Don't attempt this if you are unfamiliar with canning.

Sterilize jars, lids and rings according to manufacturer's directions. Let them come to room temperature. Grease the insides of jar well, but not the rim.

Beat together the butter and half of the sugar until it's fluffy. Add the eggs and the remaining sugar, vanilla and applesauce. Sift the dry ingredients together and add to the applesauce mixture a little at a time: beating well after each addition.

Pour one cup of the batter into each of the 8 jars and carefully remove any batter from the rims. Place the jars in a preheated 325-degree oven and bake for 40 minutes. When the cakes have finished baking, remove jars from oven, one at a time, keeping remaining jars in oven. Working quickly, wipe rim, place lid and ring on jar and secure. Jars will seal quickly. Repeat with remaining jars. (If the rims are not clean, the jars will not seal correctly.) Place lids on jars, and screw rings on tightly. Jars will seal as they cool. Cakes will slide right out when ready to serve.

Unsealed jars should be stored in the refrigerator and eaten within 2 weeks. Sealed jars may be stored with other canned food or placed in a freezer. The cake is safe to eat as long as the jar remains vacuum-sealed and free from mold. To enjoy the best flavor, try to eat all canned cakes within 6 months, but never keep more than one year.

Carrot-Raisin Jar Bread

6 pint-size wide-mouth canning jars with rings and lids
2-2/3 cups granulated white sugar
2/3 cup shortening
4 eggs
2/3 cup water
2 cups shredded carrots
3-1/2 cups all-purpose flour
1/4 teaspoon cloves
1 teaspoon cinnamon
1 teaspoon baking powder
2 teaspoon baking soda
1 teaspoon salt
2/3 to 1 cup raisins

Caution: This one requires safe canning procedures. Don't attempt this if you are unfamiliar with canning.

Sterilize the 6 jars, lids and rings according to manufacturer's directions. Grease inside, but not the rim of jars.

Cream sugar and shortening, beat in eggs and water, and add the shredded carrots. Sift together the flour, cloves, cinnamon, baking powder, baking soda and salt and add to batter. Add the raisins and mix well. Pour one cup of batter into each prepared jar. Do not use more than one cup or batter will overflow and jar will not seal.

Place jars evenly spaced on a cookie sheet. Place in a pre-heated 325-degree oven for 45 minutes. Remove jars from oven, one at a time, keeping remaining jars in oven. Working quickly, wipe rim, place lid and ring on jar and secure. (If the rims are not clean, the jars will not seal correctly.) Jars will seal quickly. Repeat with remaining jars. When ready to serve, bread will slide out. A properly sealed quick bread will stay fresh for up to one year.



DropBooks

Cookies Brownies

Reece's Peanut Butter Cups Cookie Mix

3/4 cup granulated white sugar
1/3 cup brown sugar, packed
1-3/4 cups flour
1 teaspoon baking powder
1/2 teaspoon baking soda
8 large Reece's Peanut Butter Cup Candies (cut into 1/2 inch pieces)

Cut Peanut Butter Cups into 1/2 inch pieces and wrap in plastic wrap.
Mix together the flour, baking powder, and baking soda.

Layer the ingredients in a jar in the order given, (using the flour, baking powder, baking soda mixed together as one layer). pressing each layer firmly in place before adding the next layer.
Instructions: Remove candies from jar and set them aside. Empty the cookie mix into a large bowl and stir to combine the ingredients. Add 1/2 cup of softened butter, 1 slightly beaten egg, and 1 teaspoon vanilla. Mix until thoroughly blended. Stir in the candy. Roll the dough into walnut sized balls and place 2 inches apart on a lightly greased cookie sheet. (You can line the sheet with parchment paper instead of greasing it if desired.) Bake at 375 degrees for 12 to 14

minutes, until the edges are lightly browned. Cool for 5 minutes on the cookie sheet, then remove to wire rack to cool completely. Makes 2 and 1/2 dozen cookies.

Chocolate Chip Cookie Mix

2-1/2 cups all purpose unbleached flour
3/4 cup granulated white sugar
3/4 cup packed brown sugar
1/2 teaspoon baking soda
1 cup chocolate chips

Combine the flour and baking soda, and stir to blend well. Place the flour mixture in a clean mason jar. Pack down very tightly so everything will fit in the jar. Layer the white and brown sugar, one at a time packing down firmly between layers and after the brown sugar. Finally, add the chocolate chips.

Instructions: Whip 1 cup of butter until it's light and fluffy. Add 2 eggs and 1 teaspoon vanilla and beat until mixed. Stir in the ingredients from this jar until everything is well combined. Drop 1 tablespoon of the dough on a greased or parchment lined cookie sheet. Bake for 8 to 10 minutes at 350 degrees. Cool on wire rack.

Orange Cookie Mix

1-1/2 cups brown sugar
1 Tbs. dried grated orange rind
3 teaspoons baking powder
3 1/4 cups all-purpose flour

Combine flour, baking powder and orange rind, stirring well. Place the flour mixture in a clean mason jar. Pack down tight so everything will fit in the jar. Add other ingredients, one item at a time, packing each layer down before adding the next.

Instructions: Whip together, 1 cup of butter or shortening until light and fluffy. Add 2 eggs, 1/2 cup sour cream and 1 teaspoon vanilla and beat until mixed. Stir in the ingredients from this jar until well combined. Drop the dough by teaspoons on a greased or parchment lined cookie sheet. Bake for 12 minutes at 350 degrees F.

These are nice if you ice them with a thin icing made of 1 cup icing or sifted powdered sugar and enough orange juice to make the icing spread able

Peanut Butter Cookie Mix

1 cup granulated white sugar
1 cup brown sugar, packed

2-1/2 cups all-purpose flour
1 teaspoon baking powder
1-1/2 teaspoons baking soda
1/2 teaspoon salt
1/2 cup peanut butter chips (or chopped peanuts)

Combine the flour, salt, baking powder and baking soda, stirring it together well. Place the flour mixture in a clean mason jar. Pack it down tight so everything will fit into the jar. Add the other ingredients, one at a time, packing each one down firmly before adding the next layer.

Instructions: Whip 1 cup of butter or shortening with 1 cup of peanut butter, until light and fluffy. Add 2 eggs and 1 teaspoon vanilla and beat until mixed. Add the ingredients from this jar, and stir until well combined. Drop the dough by teaspoonful onto a Greased or parchment lined cookie sheet. Bake for 12 to 14 minutes at 350 degrees.

DropBooks

Cookie Jar Sugar Cookies

1-1/2 cups white sugar
4 cups all-purpose flour
1-teaspoon baking powder
1/2 teaspoon baking soda
1/2 teaspoon salt
3/4 teaspoon ground nutmeg
1 teaspoon vanilla extract

Combine the flour with the baking powder, baking soda, salt and nutmeg and mix together thoroughly. In a clean 1 liter sized wide-mouth glass jar, layer the white sugar followed by the flour mixture. Pressing each layer firmly in place before adding the next. Seal and store in a cool dry place

In a large bowl, beat 1 egg with 1 cup softened butter or margarine until it's light and fluffy. Add 1/2 cup sour cream, 1 teaspoon vanilla and contents of the jar and beat at the low speed of your electric mixer. If the dough is too stiff for your mixer, use your hands to mix the ingredients together. Cover the dough and refrigerate it for several hours or overnight.

Remove the dough from the refrigerator. Preheat your oven to 375 degrees F. Roll the chilled dough out on a lightly floured surface to 1/8 inch thickness, then cut into desired shapes. Place

on a un greased cookie sheet and bake at 375 degrees F (190 degrees C) for 10 to 12 minutes. Makes 2 dozen.

If you prefer, you can roll the dough into walnut sized balls, place on your cookie sheet and dip a flat-bottomed glass into sugar and press down each cookie ball with it.

M&M Cookie Mix in a Jar

1-1/4 cups granulated white sugar
1-1/4 cups M and M's candies
2 cups all-purpose flour
1/2 teaspoon baking soda
1/2 teaspoon baking powder

Combine the flour, baking powder and baking soda, stirring it together well. Layer the ingredients in a jar in order given in a 1 quart wide mouth canning jar, adding the flour mixture last. It will be a tight fit when you add the flour mixture so be sure to pack everything down very firmly.

Instructions: M & M's Cookies

Empty jar of cookie mix into large mixing bowl. Using your hands, thoroughly blend the mix. Add 1/2 cup margarine or butter, softened at room temperature. Mix in 1 egg, slightly beaten, and 1 teaspoon vanilla. Mix until completely blended. (You will need to finish mixing with your hands or using a dough hook on a mixer, as it will be very firm.) Shape the dough into balls the size of walnuts and place 2 inches apart on a greased or parchment lined cookie sheet. Bake at 375F for 12 to 14 minutes until the edges are slightly browned. Cool on cookie sheet for about 5 minutes then remove them to wire racks to finish cooling. Makes 2 1/2 dozen cookies.

Dreamcicle Cookie Mix

1/2 cup orange-flavored drink mix (I use Tang)
3/4 cup granulated white sugar
1-1/2 cups vanilla baking chips
1-3/4 cups all-purpose flour
1/2 teaspoon baking soda
1/2 teaspoon baking powder

Sift together the flour, baking soda and baking powder. Layer the ingredients in a clean glass wide-mouth quart sized jar, starting with the Tang, then sugar, vanilla chips and ending with the flour mixture. Press each layer very firmly into place before adding the next ingredient. Makes 1 quart-sized jar.

Instructions: **Dreamsicle Cookies** Makes 30 cookies

Preheat oven to 375 degrees F. Empty contents of the jar into a large mixing bowl. Add 1/2 cup softened butter, 1 slightly beaten egg, and 1 teaspoon vanilla extract. Mix until completely blended.

Take the dough by heaping tablespoonfuls roll in balls. Place 2 inches apart on a lightly greased or parchment lined baking sheet. Bake at 375 degrees F for 12 to 14 minutes, until tops are very lightly browned. Cool for 5 minutes on the sheet then remove cookies to wire racks to cool completely.

Snickerdoodle Cookie Mix

2 3/4 cups all purpose flour
1/4 teaspoon salt
1 teaspoon baking soda
2 teaspoons cream of tartar
1 1/2 cups granulated white sugar

In a large bowl, combine the ingredients together with a whisk. Store the mix in an airtight container.

Instructions: **Snickerdoodles** Makes about 5 dozen cookies

In the large bowl of an electric mixer, cream 1 cup softened butter or margarine the butter until light. Add 2 eggs and beat on low speed until the mixture is smooth. Add the Snickerdoodle Mix and continue to beat on low speed until dough begins to form. Combine the 1/2 cup sugar and 1 tablespoon cinnamon in a small bowl. Shape the dough into 1-inch balls and roll them in the cinnamon-sugar blend. Arrange on ungreased baking sheets 2 inches apart and bake in a 350 degree oven for 16 to 19 minutes, or until light tan. Transfer to wire racks to cool.

Note: I like to include the 1/2 cup sugar and 1 tablespoon cinnamon, mixed together, in a little plastic bag attached to the jar.

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Molasses Cookie Mix

2 cups all-purpose flour
1 cup granulated white sugar
1 teaspoon baking soda
1 teaspoon baking powder
1 teaspoon cinnamon
1/2 teaspoon nutmeg
1/4 teaspoon cloves
1/8 teaspoon allspice
1 teaspoon ginger

In a large mixing bowl, combine all ingredients, blending well. Store the mix in an airtight container.

Instructions: **Molasses Cookies**

Makes 4 dozen cookies

3/4 cup butter or margarine, softened

1 egg

1/4 cup sulfured molasses

1/2 cup granulated white sugar

1 package Molasses Cookie Mix

In large bowl, cream together the butter, egg, and molasses. Add the Molasses Cookie Mix and beat it all together until it's smooth. Shape the dough into 1-inch balls and roll in granulated sugar. Place them 2 inches apart on ungreased cookie sheets. Bake for 9 to 11 minutes at 375 degrees. Cool on wire racks.

White Chocolate Macadamia Nut Cookies in a Jar

1-1/4 cups granulated white sugar
1/2 cup chopped macadamia nuts (sometimes I use half almonds and half macadamia nuts)
3 1.4 ounce Nestles White Crunch candy bars, coarsely chopped
2 cups flour
1/2 teaspoon baking soda
1/2 teaspoon baking powder

Mix flour, baking soda, and baking powder together, blending well. Layer ingredients in order given in a 1 quart wide-mouth canning jar. Press each layer firmly in place before adding each ingredient. (Press the crunch bar pieces in VERY hard).

When giving as a gift, attach the following directions to the jar:

Instructions: **White Chocolate Macadamia Nut Cookies** - Makes 2 1/2 dozen cookies.

Empty cookie mix into a large mixing bowl. Use your hands to thoroughly blend mix. Add 1 stick softened butter or margarine, 1 egg, slightly beaten, 1 teaspoon vanilla. Mix everything together until completely blended. You will need to finish mixing with your hands or with a dough hook on your mixer, as the dough will be very stiff. It will take a while to mix into a smooth dough, but be sure to do so.

Shape the dough into walnut sized balls. Place them 2" apart on a lightly greased, sprayed, or parchment lined baking sheet. Bake at 375 degrees for 12 to 14 minutes, until the tops are very lightly browned. Cool 5 minutes on the baking sheets, then remove to racks to finish cooling.

Trail Cookie Mix in a Jar

1/2 cup firmly packed brown sugar
1/2 cup granulated white sugar
3/4 cup wheat germ
1/3 cup quick oats
1 cup raisins
1/3 cup firmly packed flaked coconut
1/2 cup pecans
3/4 cup flour
1 teaspoon baking powder

Mix flour and baking powder together, blending it well. Layer the ingredients in order given in a clean 1 quart wide-mouth canning jar. Pack each layer firmly before adding next ingredient.

Instructions: **Trail Cookies** - Makes 2 1/2 dozen cookies

Empty cookie mix from the jar into large mixing bowl. Use your hands to thoroughly blend mix. Add 1 stick softened butter or margarine, 1 slightly beaten egg, and 1 teaspoon vanilla.

Mix everything together until completely blended. You will need to finish mixing with your hands or with a dough hook on your mixer, as the dough will be very stiff.

Shape the dough into walnut sized balls. Place them 2" apart on a lightly greased, sprayed, or parchment lined baking sheet. Bake at 350 degrees for 12 to 14 minutes, until edges are lightly browned. Cool 5 minutes on baking sheet. Remove cookies to racks to finish cooling.

Brownie Mix in a Jar #1

2 cups all-purpose flour
3 cups granulated white sugar
1 1/2 cups unsweetened cocoa powder
2 teaspoons baking powder
1 1/2 teaspoons salt
1 cup vegetable shortening (Crisco works best)

Combine all of the dry ingredients with a whisk. Cut in the shortening thoroughly with a pastry blender. Store in an airtight container in a cool, dry place. It will keep longer in the refrigerator. Makes 8 cups, or enough for 4 one-pint jars yielding 4 batches of brownies.

When giving as a gift, attach the following directions to the jar:

Instructions: Preheat oven to 350 degrees F. Lightly grease an 8-inch square baking pan. In a medium bowl, combine 2 cups brownie mix with 2 eggs, 1 teaspoon vanilla extract, and 1/2 cup chopped nuts. Stir until just moistened. Spread in prepared pan and bake for 20 to 25 minutes, until center is set. Makes 16 brownies.

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Brownies In A Jar #2 (Layered)

2-1/4 cups granulated white sugar
2/3 cup unsweetened cocoa powder
1/2 cup chopped pecans
1-1/4 cups all-purpose flour
1 teaspoon baking powder
1 teaspoon salt

Pour sugar into a clean, dry one quart jar. Press it down firmly. Add cocoa powder and press it down firmly. Pour in chopped pecans, making sure pecans are evenly layered in the jar. Combine the flour, baking powder and salt. Pour into the jar and seal.

To prepare brownies

Empty the mix into large bowl. Use your hands to mix it thoroughly. Add 3/4 cup of butter or margarine and 4 slightly beaten eggs. Mix until it's well blended.

Spread batter into a lightly greased or sprayed 9 x 13 inch pan. Bake at 350 degrees F for 30 minutes or until done. Let them cool in the pan. Cut into 2 inch squares. Makes 2 dozen.

Butterscotch Brownie Mix

1/2 cup firmly packed flaked coconut
3/4 cup chopped pecans
2 cups firmly packed brown sugar
2 cups flour (mixed with 1 1/2 Tbs. baking powder and 1/4 teaspoon salt)

Layer the ingredients in order given in a clean 1-quart wide-mouth canning jar. Press each layer firmly in place before adding next ingredient.

Instructions: Makes 2 dozen brownies

Empty the jar of brownie mix into a large mixing bowl. Use your hands to thoroughly blend the mix. Add 3/4 cup butter or margarine, softened to room temperature, 2 slightly beaten eggs, and 2 teaspoons vanilla. Mix until completely blended. Spread the batter into a lightly greased or sprayed 9x13 metal pan. Bake at 375 degrees for 25 minutes. Cool for 15 minutes in baking pan. Cut brownies into 1 1/2 inch squares.

Gingerbread Mix in a Jar

8 cups flour
2 cups granulated white sugar
1/4 cup baking powder
1 Tbs. salt
1 teaspoon baking soda
1 teaspoon ground cloves
1 teaspoon ginger
1 Tbs. cinnamon
2 cups shortening (Crisco works best)

Sift all of the dry ingredients and then cut the shortening into it with a pastry blender. This is enough to fill 4 jars with 3 cups each.

When giving as a gift, attach the following directions to the jar (It is especially nice if you attach a gingerbread boy cutter, too):

Gingerbread Boys

Combine 3 cups of the gingerbread mix, 1/3 cup molasses, 1 slightly beaten egg and 1/3 cup flour. Blend together well. Roll it to 1/4" thickness on a lightly floured surface. Cut into gingerbread shapes. Place on greased cookie sheets. Bake at 350 degrees for 10 minutes. Cool. Can be decorated with cinnamon candies. Mix to be used within 3 months.

BOX MIXES

Cinnamon-Oatmeal Pancake Mix

4 cups quick cooking oats
2 cups all-purpose flour
2 cups whole wheat flour
1 cup non-fat dry milk
2 Tbs. cinnamon
1 1/2 Tbs. salt
3 Tbs. baking powder
1/2 teaspoon cream of tartar

Combine all the ingredients and stir to mix well. I use a whisk for this. Store in refrigerator. Makes about 8 cups.

Mixing Directions:

In a medium mixing bowl, beat 2 eggs. Beat 1/3 cup of vegetable oil into the eggs gradually. Alternately beat in 2 cups of the pancake mix and 1 cup of water. Pour in large spoonfuls into a lightly greased heated skillet over medium-high heat, and cook until the tops show broken bubbles (2 to 3 minutes). Turn and cook about 2 to 3 minutes more, until golden brown. Makes 12 5-inch pancakes.

Master Baking Mix (like Bisquick)

9 cups sifted all-purpose flour
1/3 cup baking powder
1 Tbs. salt
2 teaspoons cream of tartar
4 Tbs. sugar
1 cup nonfat dry milk
2 cups shortening which does not require refrigeration (Crisco works well)

Sift together the flour, baking powder, salt, cream of tartar, sugar and dry milk, a total of 3 times. Cut in the shortening with a pastry blender until the mixture looks like coarse corn meal.

Store it in covered container at room temperature. Or you can freeze it, but bring it to room temperature before using if you freeze it. Makes 13 cups mix.

When giving as a gift, attach the following directions to the jar:

Note: Use for any recipe that calls for a baking mix, like Bisquick, for pancakes, waffles, biscuits, breads, and more. To measure the Master Mix, pile it lightly into measuring cup and level off with spatula. Do not pack or tap it down to measure, and do not sift!

Good Seasons Italian Salad Dressing Mix Clone

1 teaspoon carrot, grated and chopped
1 teaspoon red bell pepper, finely minced
3/4 teaspoon lemon pepper, (McCormick's seems to work best)
1/8 teaspoon dried parsley flakes
1 teaspoon salt
1/4 teaspoon garlic powder
1/8 teaspoon onion powder
2 teaspoons sugar
1/8 teaspoon pepper
2 teaspoons dry pectin
pinch ground oregano

Place the carrot and bell pepper on a baking pan. Put into the oven set on 250 degrees for 45-60 minutes, or until all of the small pieces are completely dry, but not browned. Combine the

dried carrot and bell pepper with the other ingredients in a small bowl. This mix can be stored in a sealed container indefinitely until needed.

To make Italian salad dressing, pour 1/4 cup white vinegar into a jar. Add 3 tablespoons water, then the dressing mix. Close tightly and shake vigorously. Add 1/2 cup vegetable oil and shake until well-blended.

Note: If you would like to make the dressing with less oil, instead of the 1/2 cup vegetable oil, substitute 1/4 cup water and 1/4 cup vegetable oil.

Ranch Dressing Mix (Hidden Valley Clone)

1 1/2 Tbs. dried parsley
1/2 Tbs. dried chives
1/4 Tbs. dried tarragon
1/2 Tbs. lemon pepper
1 Tbs. salt
1/4 Tbs. oregano
1/2 Tbs. garlic powder

In a medium bowl, combine all the ingredients. Store in an airtight jar. This is very versatile and can be used as a substitute for one envelope of Hidden Vally Dressing Mix in recipes calling for that, or to make a dressing for salads, a dip for fresh veggies, or topping for baked potatoes.

Ranch Dressing - Makes 1 cup

1/2 cup mayonnaise
1/2 cup buttermilk
1 Tbs. Ranch Dressing Mix

Whisk together, in a large bowl, the mayonnaise, buttermilk and dressing mix. Refrigerate for one hour before serving.

Ranch Dip - Makes 2 cups

2 Tbs. Ranch Dressing Mix
1 cup mayonnaise
1 cup sour cream

Mix together the Ranch Dressing and Dip Mix with the mayonnaise and sour cream. Refrigerate for 2 hours before serving. Great with raw vegetables, or as a topping for baked potatoes. Note: You can use low-fat mayo and sour cream for this if you wish.

Creole Seasoning Mix

2 Tbs. plus 1-1/2 teaspoons paprika
2 Tbs. garlic powder

1 Tbs. salt
1 Tbs. onion powder
1 Tbs. dried oregano
1 Tbs. dried thyme
1 Tbs. cayenne pepper
1 Tbs. black pepper

Combine all of the ingredients thoroughly and place in a jar with an airtight lid. This makes about 1/2 cup

When giving as a gift, attach the following directions to the jar:
Instructions: Use to season chicken, steak, seafood, or vegetables.

Taco Seasoning Mix

2 teaspoons Instant Minced Onion
1 teaspoon Chili Powder
1/2 teaspoon Crushed Dried Red Pepper
1/4 teaspoon Dried Oregano
1 teaspoon Salt
1/2 teaspoon Cornstarch
1/2 teaspoon Instant Minced Garlic
1/2 teaspoon Ground Cumin

Combine all of the ingredients in a small bowl and blend very thoroughly. Spoon the mixture onto a 6-inch square of aluminum foil and fold to make airtight, or place in a small airtight plastic container or jar. Store in a cool, dry place and use within 6 months. This recipe makes the equivalent of 1 commercial package, (about 2 tablespoons of mix), which is enough for 1 pound of ground beef. Using the above recipe as a guide you can increase the amounts to make any number of packages. For gift giving, you can place it by multiples of 2 tablespoons into small airtight jars.

Taco Filling: Brown 1 pound lean ground beef in a medium sized skillet over medium-high heat. Drain the excess grease. Then add 1/2 cup water and 2 tablespoons of the seasoning mix. Reduce the heat and simmer for 10 minutes, stirring occasionally. Makes filling for 8 to 10 tacos.

Hush Puppy Mix

1 1/2 cups yellow corn meal
3/4 cups all-purpose flour
3 Tbs. dried minced onion
1 teaspoon baking powder
1 teaspoon sugar
1 teaspoon salt
1/2 teaspoon baking soda
1/4 teaspoon ground red pepper (cayenne)

Combine all ingredients in a large bowl, and together thoroughly. Store in a re-sealable airtight container, such as a zipper plastic bag or jar with a tight lid. Makes 2 and 1/4 cups of the mix.

To serve: In a deep skillet, heat 1 1/2 inches of vegetable oil to 350 degrees (medium). In a medium bowl, combine all the mix with 1 1/2 cups buttermilk and 1 beaten egg. Stir it until well blended. Drop the mixture by spoonfuls into the hot oil. Fry until golden brown and thoroughly cooked through. This takes about 2 and 1/2 minutes for 2" sized hush puppies. Drain on paper towels and serve.

Optional: Add any of the following to the dry ingredients before mixing and storing-
3/4 teaspoon seasoned salt (I use Lowry's).

1 teaspoon of your favorite minced dried herb or spice to the dry ingredients while making it.

Suggestions: Parsley, Oregano, Chili Powder, Garlic Powder,

Another option that is popular here in Texas, that I love to do, is to mix from one to three finely chopped jalapeno pepper into the batter just before frying them.

If you really love Hush Puppies, double or triple the batch, then to use it, measure out 2-1/4 cups of the mix for each batch you fry.

Serving suggestions: Especially good served with fried catfish, trout, shrimp, oysters, chicken or chicken-fried steak. And don't forget the fried green tomatoes!

California Corn Bread Mix

2 cups Bisquick baking mix

1/2 cup cornmeal

1/2 cup sugar

1 Tbs. baking powder

In a large glass or ceramic bowl, stir all the ingredients together. Store in an airtight container.

When giving as a gift, attach the bag of the seasoning mix to each jar of beans along with the following directions:

Instructions: **California Corn Bread Mix** - makes 4 to 6 servings

Preheat the oven to 350 degrees F. Place the corn bread mix in a large mixing bowl and add 2 eggs, 1 cup milk, and 1/2 cup melted butter. Blend until the mixture is smooth. Pour into a greased 8-inch baking pan and bake for 30 minutes.

This sweet, cake-like corn bread is delicious with honey butter or maple syrup!

Flaky Pie Crust Mix

12 1/2 cups Unbleached Flour

5 cups Vegetable Shortening (Crisco is the best to use for this)

2 Tbs. Salt

Combine the unbleached flour and salt in a large bowl and blend together well. With a pastry blender, cut in the shortening until it's evenly distributed and resembles cornmeal in texture. Put in a large airtight container. Store in a cool, dry place and use within 10 to 12 weeks.

Or put about 2 1/2 cups of mixture each into 6 freezer bags. Seal and label bags and freeze. Use within 12 months. Makes about 16 cups mix, enough for 6 double pie crusts or 12 single pie

crusts.

To prepare:

2 1/2 cups Flaky Pie Crust Mix
1/4 cups ice Water
1 Large Egg, Beaten
1 Tbs. White Vinegar

Crumble the Flaky Pie Crust Mix, if frozen. Put it into a medium bowl. In a separate small bowl, combine the ice water, egg and vinegar. Sprinkle a spoonful of the water mixture at a time over the flaky pie crust mix and toss with a fork until dough barely clings together in the bowl. Roll out dough to desired thickness between 2 sheets of lightly floured wax paper.

Place dough in 9-inch pie plate without stretching. Flute the edges. If the filling recipe calls for a baked pie crust, preheat your oven to 425 degrees F. Bake the crust for 10 to 15 minutes, until very lightly browned. Cool.

For double crust pie, place top crust over filling, press and flute edges, and cut slits in top crust. Bake according to directions for filling.

Very Rich Hot Chocolate Mix

8 cups dry milk powder
1 pound instant chocolate drink, (like Nestle's Quick)
1 cup Cremora, Coffeemate, or Pream
4 heaping Tbs. powdered sugar

Mix all the ingredients together very well and put them into a tightly sealed plastic container or jar with an airtight lid.

When giving as a gift, attach the following directions to the jar:
Instructions: Add 1/2 cup mix per cup of boiling water." Makes 24 cups.

Mexican Hot Chocolate Mix

1/3 cup light brown sugar
3/4 teaspoon ground cinnamon
1 1/2 teaspoon powdered vanilla
1/4 cup cocoa (unsweetened)
2 1/2 cups powdered milk

Combine the ingredients in a small bowl and thoroughly blend. Store in an airtight jar.

When giving as a gift, attach the following directions to the jar:

Mexican Hot Chocolate - Makes 6 servings

3 cups water
Mexican Hot Chocolate Mix (to taste)
Cinnamon sticks for garnish

Heat water to boiling and add the Mexican Hot Chocolate Mix. Stir with a whisk until the mixture is smooth. Garnish with the cinnamon sticks. For a frothier hot chocolate, mix in a blender.

Spiced Tea Mix (Friendship Tea)

1 (9 oz.) jar powdered orange breakfast drink mix
1 (4 oz.) jar lemon flavored ice tea mix
1-1/2 c. sugar
2 teaspoons cinnamon
2 teaspoons ground cloves
1 teaspoon ground ginger

Mix drink mix, sugar and spices. Label and store in tightly sealed plastic container or jar with an airtight lid at room temperature, no longer than 6 months. Makes about 5-1/4 cups mix.

When giving as a gift, attach the following directions to the jar:

To serve: For each serving mix 3 teaspoons spiced tea mix and 1 cup boiling water in mix until mix is dissolved. Garnish each with a twist of lemon or orange peel and a cinnamon stick if desired.

Bacon-Flavored Dip Mix

2 Tbs. Instant Bacon Bits
1 teaspoon Instant Beef Bouillon
1 Tbs. Instant Minced Onion
1/8 teaspoon Minced Garlic

Combine all ingredients in a bowl, very thoroughly. Spoon the mixture onto a 6-inch square of aluminum foil and fold to make the packet airtight. Store in a cool, dry place and use within 6 months. Makes 1 package (about 3 T) of mix.

When giving as a gift, attach the following directions to the jar:

Bacon Flavored Dip: Combine 1 cup sour cream and 1 package of the mix. Chill at least 1 hour before serving.

Variation: Substitute 1 cup yogurt, 1 cup cottage cheese or 1 (8 oz) package of softened cream cheese for sour cream.

Chicken Coating Spice Mix

2 Tbs. Parsley Flakes
1 Tbs. Ground Marjoram
2 teaspoons Ground Rosemary
1 teaspoon Onion Salt
1 Tbs. Ground Ginger
1 teaspoon Ground Sage
1 Tbs. Ground Oregano
1 Tbs. Ground Thyme
1 teaspoons Garlic Salt
1 Tbs. Celery Salt
1 teaspoons Pepper
1 Tbs. Paprika

Combine all ingredients in a small bowl and blend well. Spoon mixture into a small airtight container. Store in a cool dry place and use within 6 months. Makes about 1/2 Cup of mix.

Oven-Fried Chicken Batter:

1-1/2 teaspoons of the spice mix
3/4 cups Unbleached Flour
1/4 cup Instant Non-fat dry milk
2 teaspoon sugar
1/2 teaspoon salt
2/3 cup hot water
2 Tbs. vegetable oil

Preheat the oven to 425 degrees F. Blend the above ingredients together very well. Cut up a 2 1/2 to 3 lbs frying chicken and dip the pieces of chicken in the batter. Place the coated chicken pieces on a baking sheet and bake, uncovered, for 40 to 50 minutes, or until it's golden brown and tender.

VARIATIONS: Coat chicken with the spice mix and 1 cup of flour, that has been well blended, and fry in hot oil. Substitute 1 cup of the Master Mix, (recipe above), for the flour, dry milk, sugar, baking powder and salt.

Fish Seasoning Mix

2 cups yellow cornmeal
1 cup all-purpose flour
2 teaspoon paprika
1 teaspoon dried parsley flakes, crushed
1 teaspoon salt
1 teaspoon celery salt
1 teaspoon onion salt
1 teaspoon lemon pepper
1/2 teaspoon ground red pepper

In a large bowl, combine all the ingredients and mix together well. Store in an airtight jar. Makes about 3 cups of the mix and will coat about 4 pounds of fish.

When giving as a gift, attach the following directions to the jar:

Instructions: Put enough of the mix in a plastic bag to coat the amount of fish you are using. In a deep skillet, heat 1-1/2 inches vegetable oil to 375 degrees. In a small bowl, combine 1 egg and 1 cup butter milk. Dip the pieces of fish into the egg mixture. Place the fish into the bag of mix and shake until fish is well coated. Fry until the fish is golden brown and flakes easily with fork. Drain it well on paper towels and serve.

Herbed Rice Mix

3 pounds long grain rice
2 cups dried celery flakes
2/3 cup dried minced onion
1/2 cup dried parsley flakes
2 Tbs. dried chives
1 Tbs. dried tarragon
3 to 4 teaspoons salt
2 teaspoons pepper

Combine the first eight ingredients and mix until thoroughly blended. To give as gifts, place two cups each into 5 airtight jars. (This total batch makes 10 cups, which is 40 individual servings, so each 2 cup jar will yield 8 servings.)

Instructions:

For each serving, bring 2/3 cup water and 1 tablespoon butter or margarine to a boil in a saucepan over medium heat. Add 1/4 cup of herbed rice mix. Reduce the heat, cover and simmer for 20 minutes. Remove from heat and let stand for 5 minutes (or until the liquid is absorbed). Fluff with a fork. Yield: 1 serving.

Note: To prepare more than 1 serving, just multiply the rice mix, water, and butter by the total number of servings desired and cook as directed.

Mexican Rice Mix

4 cup Long Grain Rice (uncooked)
4 teaspoons Salt
1 teaspoons Dried Basil
1/2 cup Green Pepper Flakes
5 teaspoons Parsley Flakes

Combine all of the ingredients in a large bowl and stir until well blended. Put about 1 1/2 cups of the mix into three 1-pint airtight containers and label. Store in a cool, dry place and use within 6 to 8 months. This makes about 4 1/2 cups of the mix total.

Instructions:

Mexican Rice: Combine 1 1/2 cups of the mix, 2 cups cold water, and 1 tablespoon butter or margarine in a medium saucepan. Bring to a boil over high heat then cover and reduce heat. Simmer for 15 to 25 minutes, until liquid is absorbed. (Time will vary depending on what brand of rice you use, so you may want to make a batch yourself so you can give more precise timing. Makes 4 to 6 servings.

Chocolate Pudding Mix

2-1/2 cups instant nonfat dry milk
5 cups sugar
3 cups cornstarch
1 teaspoon salt
2-1/2 cups un-sweetened cocoa powder

Mix all the ingredients together until they are thoroughly blended. Store in a large airtight container or jar with a tight fitting lid in a cool, dry place. Or measure out by multiples of 2/3 cup portions into individual containers to give as gifts.

When giving as a gift, attach the following directions to the jar:

Chocolate Pudding Mix

Instructions: Stir the mix well, then measure out 2/3 cup of the mix into a medium saucepan. Add 2 cups of milk, one teaspoon vanilla and one tablespoon butter. Cook over low heat, stirring constantly, until mixture comes to a boil. Continue cooking and stirring for one minute. Remove from heat and cool.

Vanilla Pudding Mix

3 cups instant nonfat dry milk
1 teaspoon salt
3 cups Cornstarch
1 Vanilla bean

Mix the first three ingredients together until they are thoroughly blended. Cut the vanilla bean into several large pieces and stir them into the mix, seeds and all. Store in a large airtight container or jar with a tight fitting lid in a cool, dry place. Or measure out by multiples of 1/2 cup portions into individual containers to give as gifts.

Vanilla Pudding Mix

2 cups milk
1/2 cup pudding mix

Stir the pudding mix in the container. Then measure out 1/2 cup mix into a saucepan. Add 2 cups of milk and cook over low heat, stirring, until mixture thickens and comes to a boil. Continue cooking and stirring for 1 minute, then remove from heat and pour into individual serving dishes. Pudding will thicken further as it cools.

Variation: For a richer tasting pudding, try cooking as directed after taking the pudding off the heat, stir in an egg lightly beaten with 1/2 teaspoon vanilla extract, and 1 tablespoon sweet butter into the pudding. Cover and let sit for a minute or two, uncover and stir, and then pour it into individual serving dishes

Butterscotch Pudding Mix

2 cups Instant nonfat dry milk
5 cups brown sugar, firmly packed
3 cups cornstarch
1 teaspoon salt

2 cups Milk
4 Tbs. Butter
1/2 cup Basic mix

Mix all the ingredients together until they are thoroughly blended. Store in a large airtight container or jar with a tight fitting lid in a cool, dry place. Or measure out by multiples of 1/2 cup portions into individual containers to give as gifts.

Butterscotch Pudding Mix

2 cups milk
4 Tbs. butter
1/2 cups Butterscotch Pudding Mix

Stir the pudding mix in the container. Then measure out 1/2 cup mix into a saucepan. Add the milk and butter and cook over low heat, stirring, until mixture thickens and comes to a boil. Continue cooking and stirring for 1 minute, then remove from heat and pour it into individual serving dishes. Pudding will thicken further as it cools.

SAUCES



Crystallized Ginger

Peel and thinly slice 1 lb. fresh ginger root. Place it in a saucepan and add enough water to cover. Cook it gently until tender, (this takes about 30 minutes.) Drain the ginger. Weigh the ginger and place it in a saucepan with an equal amount of sugar, (by weight), and 3 Tbs. water.

Bring to a boil, stirring often, until the ginger is transparent and the liquid is almost evaporated. Reduce the heat and cook, stirring constantly, until it's almost dry. Toss in sugar to coat.

Store in an airtight jar for up to 3 months. This is great for those recipes that call for crystallized ginger, because it tends to be expensive. It's much cheaper to crystallize your own this way. (I've been know to eat it like candy, but only a small piece as the taste is a bit strong.)

Regular Pizza Dough Mix

2 3/4 cups bread flour
1 package (1 Tbsp.) active dry yeast
2 teaspoon salt

In a medium bowl, combine all the ingredients, then place the mix in an airtight container. When giving as a gift, attach the bag of the seasoning mix to each jar of beans along with the following directions:

Instructions: **Pizza Dough Mix** - Makes 2 12-inch pizzas

1 package Pizza Dough Mix
2 Tbsp. olive oil
1 cup warm water (not too hot or it will kill the yeast)
1 cup tomato sauce
desired pizza toppings
1/2 cup grated mozzarella cheese
1/3 cup freshly grated Parmesan
1 teaspoon crushed oregano

Place the Pizza Dough Mix in a large bowl and add the oil and water. Beat with a wooden spoon or dough hook on your mixer until the mixture forms a ball. Turn out onto a floured board and knead the dough for 5 minutes. Transfer the dough to a greased bowl and let it rise for 90 minutes. Divide the dough in half and pat into two 12-inch circles.

For thin crust, fill and bake the pizzas now. For thicker crust, let pizzas rise 30 to 45 minutes.

Top the pizza dough with tomato sauce, toppings and cheeses of your choice, crushed oregano, and olive oil drizzled over the pizzas. Preheat the oven to 425 degrees F and bake for 20 to 25 minutes. Let it stand 5 minutes before diving in.

Or you can bake the crust alone for about 10 minutes, until it's lightly browned. Then add your favorite toppings and bake an additional 10-15 minutes until crust is crisp and cheese is lightly browned.

Note: To be safe, I check the recommended temperature for the water that is usually on the package of yeast and make a note of that on the instructions.

Pizza Hut Style Dough Mix

8 cups unbleached bread flour
4 cups unbleached all purpose flour
1 cup cornmeal
1/4 cup sugar
3 Tbs. salt
3 Tbs. baking powder

In a large bowl, whisk together very thoroughly all the ingredients above. Store it in well sealed containers in a cool dry place. It will keep up to 4 months.

To make pizza dough:

1 cup water

1 OR 1 1/2 teaspoons fast-rising yeast
3 cups of the dry dough mix
2 Tbs. olive oil

If you like your pizza crisp, use the LESSER amount of yeast. For a fluffier, bread-like pizza, use the LARGER amount of yeast, and do not roll out the dough too thin). Depending on the brand of yeast you choose, the fermentation may vary somewhat.

This dough can be kneaded by hand, in a mixer with a dough hook or in a bread machine (on dough cycle, following manufacturer instructions). For the mixer, place water in a bowl with yeast. Mix a moment and allow mixture to sit about five minutes, to allow yeast to expand. Add pizza mix and oil, then knead until it's smooth and elastic, on slow speed. This should take about 5 to 7 minutes. Once dough is made, cover well with oiled plastic (or refrigerate) and allow to rest one hour. Deflate before proceeding. Use your hands to pat it out on an oiled pizza pan or baking sheet, then top with whatever toppings please you, such as seasoned pizza style tomato sauce, mozzarella and freshly grated Parmesan cheese, pepperoni, mushrooms, onions, olives (green or black), or whatever grabs your fancy. My favorite is to top it with the tomato sauce, cheeses, **a LOT of crumbled crisply cooked bacon**, mushrooms and onions.

Preheat the oven to 425 degrees F and bake for 20 to 25 minutes.

Each batch makes 1 16-20 inch round pizza, or a 17 by 11 inch rectangle, or several smaller individual pizzas.

The secret ingredient here is the baking powder. Testing revealed that baking powder along with the yeast in a pizza dough yields a chewy, tender crust. Baking powder also produces a near-instant rise in the oven.

Cece Collection

APPLE BUTTER WITH HONEY

3 C apple cider
12 lbs apples, peeled, cored, chopped
1/3 C honey
1 t ground cinnamon
1/2 t ground cloves
1/2 t ground allspice

In a large saucepan over medium heat, boil the cider 15 minutes.
Stir apples into the cider and reduce heat. Cover and simmer, stirring frequently. Cook one (1) hour, or until the apples are tender.
Remove apples from heat. Mash with potato masher, or immersion blender, to desired level or chunky or smoothness is achieved. Stir in remaining ingredients. Return to low heat and cook uncovered, stirring often, until thick.
Transfer to sterile jars and chill in refrigerator until serving or process in boiling water canner. Makes about 10 half-pints.

FRESH PEACH BUTTER (SPICED)

Make this one every year. The spiced version is my favorite.

7 C peaches, peeled, pitted, sliced
3 C sugar
2 T bottled lemon juice

For the SPICED version, just add 1 t cinnamon, 1/2 t cloves, 1/2 t allspice, and 1/4 t nutmeg or mace when you add the sugar.

Puree the peaches in a food processor or blender. In a 6- to 8-qt saucepan, heat the lemon juice over medium high heat for 1 minute. Add the pureed peaches and sugar. Bring to a boil, stirring constantly. Continue boiling, stirring constantly, until the mixture is the consistency of thick applesauce (about 15 minutes). Immediately fill hot half-pint jars, leaving 1/4-inch headspace. Wipe jar tops and threads clean. Place hot lids on jars and screw on rings (See lid manufacturer's instructions). Process in boiling water canner for 10 minutes (altitude = 1000 feet or less). Makes 6 half-pints.

RASPBERRY CHIPOTLE SAUCE (Cece's Blends)

8 oz bottle size refrigerate and store for no more than 30 days.

1 med size package fresh Raspberries
2 med size smoked Chipotle peppers (finely chopped)
3 Tablespoons Jalapenos 1 Tablespoon Jalapeno juice
2 Tablespoons Mesquite Smoke 1 Tablespoon Hickory smoke
3 Tablespoons apple cider vinegar 1 Tablespoon balsamic vinegar
1/4 cup Sugar
1-Tablespoon Molasses
3 Tablespoon honey

Toss everything in the food processor and mix till smooth. Taste. Should be sweet to the taste, and peppery spice to the flavor. Use this as a base for a seasoning.

BLOOD ORANGE SAUCE

Juice of 2 blood oranges. = 1/2 cup (approx)
3 very ripe peaches spiced with (nutmeg, cinnamon, star anise, vanilla, allspice. Season to taste. Should be strong
3 blood orange slice rinds ground to powder
2 lemon rinds slice ground to powder
1/2 tablespoon fresh ginger mashed
Whole pepper ground
Fresh basil leaves (whole)
Fresh dill (whole)

Fresh parsley (whole)
Peppermint leaves. (whole.. 5 leaves)

Mix it all up in a bowl and let it seep and set for 30 minutes before use.

Use this to:

Marinate chicken, salmon, pork. It will drive the flavor right out of the meat and make it dance on your mouth. Use to bar BQ as well.

GARLIC BUTTER SAUCE

Garlic Clove 4 cloves chopped up
Basil Fresh 3 leaves chopped up
Parsley 3 sprigs chopped up
1 stick butter

Melt butter, sauté garlic til tender, add Basil and Parsley and cook a 2 minutes longer.

Serve up and use as a dip for almost anything. I use as a clam sauce and as also use to drizzle over pasta for a extra kick.

CECE'S BRISKET MARINADE FOR 10 POUND BRISKET

6 candied pieces tamerind
1 1/2 cups blackberry wine
2 whole chipotle peppers chopped
1 hatch green chili chopped
1/2 cup dark brown sugar
(heat to a boil and cook for 3 minutes to cook alchohol out of wine.)

2 corona beer
1/8 cup salt
1/8 cup pepper
1 whole garlic smashed
1/5 cup instant coffee or 1 cup brewed
1/4 cup dried basil or 1.2 fresh chopped
1/4 cup worstershire
1/8 cup hickory smoke
1/8 cup mosquito smoke
(add this to a bowl and mix well. Then add the hot ingrediants and mix well.)

10 pound brisket
. Take a butcher knife and stab several times. At least 10 to allow marinade to flow into the meat. Rub with the salt and pepper

Get a large roaster pan and line with foil. (you need to make a pocket for the meat)
Add the meat fat side down, and pour marinade over meat.
Rub meat and force sauce into holes cut with the knife.
Turn meat and do again on this side.

Seal with the foil; and place in refrig for the night.
2nd day. Pull meat out, turn and rub with marinade and reseal.
3rd day. Spark up the grill. On high heat braise the meat on both sides.
In the foil wrapper add a layer of onions and garlic to the marinade. Add brisket after braise to this. Lay on top of onions.
Then rewrap back in foil with marinade sauce.

Place on cookie sheet on the grill for 5 hours with a low heat. Turn the grill all the way down low.
after cooking time. 5 hours, open bag careful. You have all the meat juice waiting... enjoy !!
Meat is fork tender...
Reheat for bar b q sandwiches or hot beef sandwich

Brandied Fruit

Brandied Fruit Sauce used over ice cream or pound cake. This is the type that sits out on the counter in a sealed container and ferments.

Place in a large glass jar (at least one gallon) (STARTER)

1 pint brandy (Can be any type of booze. Rum, Brandy, Vodka etc.)
**Myers Spiced Rum the very best flavor

Add 5 pints of any combination of the following FRESH fruits:

seeded cherries (Marachino Best)
currants
gooseberries
apricots, peeled & sliced
peaches, peeled & sliced
pineapple, peeled & sliced

Do not add apples (too hard) or bananas, pears (too mushy), blackberries (too seedy) or grapes.
Add the same amount of sugar that you have fruit, i.e., for 5 pints (10 cups) of fruit, add 10 cups of sugar.

Stir every day with a wooden spoon, (Metal will destroy the fruit)
make sure the lid is tight each time you finish.
When it's ready to use (approx time is 30 days-just taste periodically).

Replace the amount you remove with the following proportions: for every cup of fruit removed, add 1 cup fruit + 1/4 cup sugar and 1/4 cup brandy.

Use only fresh fruit as it comes into season, so you can start this mix with the 1 pint of brandy, adding fruits over a period of time. So, you don't have to mix it all at once if you don't want to. Enjoy!

Give as gifts of a starter to friends for a house warming gift. Spoon a starter in a colorful jar with a recipe tied to it. Everyone loves these....
Wonderful to place this in a really nice glass cookie jar where all the colors can be seen.

Flavored Cooking Oils

HOME MADE FLAVORED COOKING OILS (Cece Recipe)

The flavors end with your own taste. So simple to make. I use these all the time and its the reason my food is so good. This is my secret ingredient. And takes only a few minutes to make a month of oils.

SESAME SEED OIL

BASIL OIL
GARLIC OIL
OREGANO OIL
BASIL/GARLIC OIL
GARLIC/OREGANO OIL

EXTRA VIRGIN OLIVE OIL
HERBS TO BE USED

Herbs need to be fresh. In a small sauce pan break down herbs and mash with a mortar to bring out natural oils in the plants. Heat stove to a low heat , with the herbs in the pan. Cook for about 2 minutes. Just until you can smell the herb's aroma coming from the pan. Maybe 2 minutes low heat. This means all the flavor of the herb is being released.

Add Olive Oil, bring to a slow simmer for 5 minutes on low heat. Allow pan to set until the oil has cooled . Strain cooled oil through a cheese cloth and pour into a bottle with a seal.

(
1/2 cup leafy herbs (Basil, Oregano, Parsley, etc)
3 cup Extra Virgin Olive Oil

For garlic oil use one piece of garlic. (Not the whole flower) and smash in pan,
Add 1 cup oil and boil same as rest. Garlic does not keep as long. So here you need to make less.

Olive Oil types.

Extra Virgin has been cold pressed to give out highest flavor. (Golden color)

Golden is what is used in salad dressing mixes.

Virgin has been pressed twice and more dense. (Greener Color)

This is used to enhance the flavor of cooked dishes.

Olive Oil is just oil. No real Flavor. This is used for basic cooking (almost clear)

CECE MEXICAN RUM FRUIT CAKE

Oven 350 degrees Grease 9 X 13 cake pan set aside Bake 40 minutes

Prep time 10 minutes

1 Package Carrot Cake

1/2 cup butter melted

4 eggs
 3/4 cup water
 3 tablespoon molasses
 1 cups raisins
 1 cup dates
 1 cup peaches dried
 1 cup apricots dried
 1 cup mandarin orange
 1 cup walnuts chopped fine in processor
 1/2 cup pecans chopped fine in processor
 1 teaspoon nutmeg
 1 teaspoon clove
 1 teaspoon allspice
 1 teaspoon cinnamon
 1 cup Myers spiced Dark Rum
 1 cup Kailua

In a medium saucepan add half the dried fruit. Dates.. Raisins. Peaches, Apricots. Cover with enough water to almost cover the fruit. Bring to a boil on the stove top. Boil for 2 minutes and constant stir. It will thicken fast.

Add Rum and cook til reduced. 5 minutes. Add Kailua and cook to reduce. Set aside to cool.

In a food chopper add walnut and pecans with all the spices. Blend til like fine grains.

Prepare cake mix. In a large mixing measuring bowl add cake mix, eggs, 3/4 cup water and butter. Mix by hand to mix ingredients. Add Rum dates and mix. Add nuts and mix.

Add remainder of the fruit. With blender mix at medium to high speed for 4 minutes.

Pour in a cake pan and bake until toothpick come clean. **40 minutes.**

With Cool whip add some lemon zest and whip . Add dollop to cake.

ORANGE SPICE CAKE or { Who Needs Sex Cake }

350F Oven for 30 Minutes. Serves 8

1 White Cake Mix 1 Package of Vanilla Pudding
 4 Egg Whites 1/3 Cup Butter 1 1/2 Cup water 1 Tablespoon Vanilla
 1 Small Jar Orange Marmalade 1 Med can Mandarin Oranges

Mix Cake mix, Pudding mix, Egg whites, Water, Butter and Vanilla in a bowl on med speed for 3 minutes.

Oil and Flour a Spring Form pan. On the bottom of pan add the Jar of Orange Marmalade. On top of that add the can of Mandarin Oranges. Spread evenly. Pour Cake batter over this and bake for 30 minutes. Toothpick entered should show clean. Cool for 15 minutes then, Invert on a plate and release cake. Serve warm with Cinnamon and Cloves sprinkled on top and a scoop of Whipped Cream.

CECE'S STRAWBERRY/ORANGE SORBET DREAMCAKE

8oz cream cheese
 1/3 cup fresh squeezed lime

8 Oz eagle brand milk (condensed milk)

1/2 cup fresh strawberries

1 med size blood orange

2 cups fresh softened vanilla ice cream

Pie crust

To pie crust add softened ice cream. Put in freezer to re freeze. 10 minutes time.

In a blender add strawberries and juice of blood orange. Blend til smooth. 5 minutes.

Remove ice cream and add strawberry sorbet. Just smooth over the top of the ice cream. Should be about 1/2 inch deep.

replace in freezer.

In blender add cream cheese and blend til smooth,

Add condensed milk and blend for 2 minutes on high.

Add 1/3 cup lime juice and blend till very smooth. No lumps.

Remove ice cream from freezer and add cheese cake mix on top of sorbet. Cheese cake should fill the top full. Replace in the freezer for another 45 minutes till set firm to touch.

Serve on a plate dressed with cinnamon or nutmeg sprinkled lightly, and drizzel a small amount of raspberry juice over the top of cake for color.

Serves 8 to 10 cake is very rich in flavor calories 350 slice

DropBooks

ARKANAS APPLE CAKE

Oven 350 F bake 60 minutes

2 Cups sugar

3 Delicious apples grated

3 Extra Large eggs

1 1/3 Cups Vegetable Oil

3 Cups Flour

1 Tablespoon Baking Soda 1/2 teaspoon salt

1 Tablespoon Vanilla

1 Teaspoon Cinnamon, 1 Teaspoon Clove, 1 Teaspoon Nutmeg

Combine in a mixing bowl, stir to mix and pour in favorite baking dish. Bake for 60 minutes and serve with fresh whipped cream, or Cream Cheese Frosting.

CRANAPPLE RELISH

1 POUND PACKAGE OF FRESH RED CRANBERRIES

4 GREEN TART APPLES CUT UP WITH SKINS

2 CUPS FRESH MANDARINE ORANGES. RIND AND ALL

1 SMALL CAN OF CHUNK PINEAPPLES WITH JUICE

1/2 CUP HONEY

IN A FOOD PROCESSOR ADD THE CRANBERRIES, CUT UP APPLES, AND MANDARINE ORANGES AND PINEAPPLES.

PROCESS ON HIGH FOR 30 SECONDS. ADD HONEY AND PROCESS FOR ANOTHER 30 SECONDS. FINAL RESULT SHOULD BE CORSE IN APPEARANCE, AND SWEET TO THE TASTE WITH A BIT OF TARTNESS FROM

CRANBERRY SURPRISE CAKE

350 F OVEN 50 MINUTES AND TEST
3 LOAF PANS

YELLOW CAKE MIX
BANANA PUDDING MIX
4 EGGS
1/2 CUP + 1 TABLESPOON BUTTER
1 1/3 CUPS WATER
1 CUP CRANBERRY RELISH (SEE RECIPIE)
1 CUP FRESH CRANBERRY
1/3 CUP APPLESAUCE
1/4 CUP PINEAPPLE
1/2 TEASPOON ALLSPICE
1/2 TEASPOON PUMPKIN PIE SPICE
1/2 TEASPOON APPLE PIE SPICE
1/2 TEASPOON CLOVE
1/2 TEASPOON NUTMEG

OIL AND FLOUR 3 LOAF PANS, SET ASIDE.

IN A MIXING BOWL ADD MIX CAKE MIX, PUDDING MIX, AND DRY SPICES. STIR TO BLEND .

ADD WET INGREDIANTS AND BLEND AT LOW SPEED TO MIX, ABOUT 1 MINUTE AND THEN KICK UP TO MEDIUM SPEED FOR 2 MINUTES.

POUR INTO THE LOAF PANS EVENLY. 3/4 FULL.

BAKE IN LOAF PAN FOR 45 MINUTES. Makes 3 loafs of bread
Excellent served warm with my Cranapple cheesecake sorbet.

CRANAPPLE CHEESECAKE SORBET

1 CAN CONDENCED MILK 8 OZ
1/3 CUP FRESH LIME JUICE

1/4 CUP BLOOD ORANGE JUICE
1 ZEST OF A LIME
12 OUNCES OF CREAM CHEESE

1 CUP CRANAPPLE RELISH (SEE RECIPIE)

ON A DEEP 2 INCH COOKIE SHEET OR SHALLOW RECTANGLE CAKE PAN, SPREAD THE CRANAPPLE RELISH. A THIN LAYER TO COVER THE PAN.
SET IN FREEZER TO SET FROZEN. 15 MINUTES.
START MAKING THE CHEESECAKE MIXTURE.

IN A MIXING BOWL ADD CREAM CHEESE AND SOFTEN TO ROOM TEMPATURE. ADD LIME JUICE AND BLOOD ORANGE JUICE. MIX TILL SMOOTH, ADD CONDENCED MILK AND BLEND.

NOW PULL OUT THE COOKIE SHEET AND RELISH SHOULD BE FIRM TO THE TOUCH.
SPREAD CHEESCAKE MIXTURE EVENLY OVER RELSIH, AND FREEZE.
WHEN SET, TAKE A LARGE SPOON OR ICE CREAM SCOOP AND DRAW A SCOOP OF THE RELISH ICE CREAM.
SERVE WITH WARM CRANAPPLE BREAD.

DUST PLATE WITH CINNAMON AND POWDERED SUGAR

CECE'S PECAN PIE

OVEN 350 BAKE 50 MINUTES TIL KNIFE COMES CLEAN INSERTED

1/4 Cup plus 1 teaspoon butter
1/2 Cup Sugar plus 1/4 Cup brown sugar
3 large eggs
1/2 Cup White Karo plus 1/2 Cup dark Karo Syrup
1 Tablespoon pure Vanilla
3/4 Cup Pecan 3/4 Cup Walnuts Chop til fine grade
1 unbaked pie shell

Cream Butter and Sugar's until fluffy on medium speed. Add Karo and blend another 2 minutes on medium speed, Add eggs 1 at a time until smooth and fluffy. Now add the nuts and stir to mix.

On pie shell I add another 1/2 cup mixed pecans and Walnuts un-chopped. Pour mixture over this and bake for 50 minutes. Pie should look moist, but knife inserted comes out clean. After 45 minutes start testing the pie every 5 minutes.

PEACH UPSIDE DOWN CAKE



**Spring form Pan or bunt pan oven 350 for 45 minutes
or until cake is done**

**1 large can peaches
1 small can mandarin oranges
1 cup brown sugar**

Place the brown sugar on the bottom of a spring form pan, add peaches and mandarin oranges in a decorative fashion. Save the juice from the can for the cake. Set aside prepared pan. Now make the cake.

**1 white cake mix
1 1/4 cups peach juice / mandarin juice
1/3 cup butter
4 large eggs room temperature eggs**

Place all of the 2nd group in the mixer and mix low speed for 1 minute to mix all ingredients, then medium speed for 3 minutes.

Slowly pour in the cake pan, and bake.

When cake done, cool for 15 minutes, then turn upside down on plate and release spring form. Gently pull apart and release the top.

CHOCOLATE RASPBERRY

SORBET CHEESECAKE

8oz cream cheese
1/3 cup fresh squeezed lime
8 Oz eagle brand milk (condensed milk)

1 1/2 cups fresh Raspberries
1 med size blood orange

2 cups fresh softened chocolate ice cream
Cinnamon Graham Cracker Pie crust

To pie crust add softened ice cream. Put in freezer to re freeze. 10 minutes time.

In a blender add Raspberries and juice of blood orange. Blend til smooth. 5 minutes.

Remove ice cream and add Raspberry sorbet.

Just smooth over the top of the ice cream. Should be about 1/2 inch deep.

Replace in freezer.

In blender add cream cheese and blend til smooth,
Add condensed milk and blend for 2 minutes on high.
Add 1/3 cup lime juice and blend till very smooth. No lumps.

Remove ice cream from freezer and add cheese cake mix on top of sorbet.
Cheese cake should fill the top full. Replace in the freezer for another 45 minutes till set firm to touch.

Serve on a plate dressed with cinnamon or nutmeg sprinkled lightly, and drizzle a small amount of raspberry juice over the top of cake for color and add a few fresh Raspberries to each piece.

Serves 8 to 10 cake is very rich in flavor

GRAHAM CRACKER CRUST.

1 package of Cinnamon Graham Crackers, Crushed smooth
1/4 cup soft butter.

Mix Butter with crushed crackers. Press firm in a pie pan. Bake at 350 degrees for 10 minutes to firm.

Cool and add above ingredients



Basic Crepe Recipe

4 eggs
 1 cup flour
 1/2 cup milk
 1/2 cup water
 1/2 teaspoon salt
 2 tablespoons melted butter
 12-14 crepes.

1. In a medium bowl, mix together milk, water, melted butter, and vanilla extract. In a small bowl, thoroughly mix flour, sugar, and salt. Whisk flour mixture into milk mixture until batter is smooth. Cover and refrigerate 2 hours.
2. Warm a medium skillet over medium-high heat. Coat pan with a small amount of vegetable oil and pour in about 2 tablespoons of crepe batter. Swirl pan to allow batter to spread out thinly. Cook until edges are crispy and golden, then flip to cook other side until lightly browned. Repeat with remaining batter.

Recipe Variations:

For a Chocolate crepe:

Add 2 tablespoons chocolate sauce to sweet crepe recipe.

Dessert Crepes

Add 3 tablespoons sugar and 1 teaspoon vanilla to crepe batter.

Whole Wheat Crepes

Substitute 1/2 cup whole wheat flour for 1/2 cup of white flour.

Cornmeal Crepes

Substitute 1/2 cup corn meal for 1/2 cup white flour.

GREEN CHILI CHICKEN ENCHILADAS

OVEN 350 MAKES LARGE ROASTER PAN FOR PARTY.
BAKE FOR 1 HOUR 45 MINUTES,

2 Sets ingredients. One set is mixed together and spread, and one is layered.
Basically dry is layered, and wet is mixed and spread.

1st set, mix in a bowl.

3 BIG Cans each of Cream of Chicken and Cream of Celery Soup.

6 Cans of Green Chili's. Chopped. Roasted sweet ones.

2 Large Cans Chicken Broth

Mix all these together and then use to layer between Corn tortillas. The mixture should be thick to stir. Use one can of Broth, and then decide if you need 2 or not.

2nd set of ingredients. Chop all these and separate into bowls for layering.

5 bunches Green Onions, Chopped. Entire Onion. Green and all.

3 large sweet Onions, Chopped

5 Cans Black Olives, Chopped

2 large Package of Colby Jack Cheese. About 3 pounds. Shredded

1 small package of Jack Jalapeno Cheese. About 1/2 pound

2 large chickens, cooked and chopped. Or 6 breasts cooked and shredded.

2 Packages of 30 Corn tortillas. Need to layer pan at least 8 times.

Mix the first set of ingredients and place enough to cover bottom of roaster pan. Add a layer of Tortillas, and then a layer of each ingredient from 2nd list.

Mixture, Tortilla, Green onion, sweet onion, black olives, cheese, Chicken, Tortilla

Return and start over. Done like Lasagna. Keep adding until you run out of room.

Last layer is open without a Tortilla to cover.

Bake in the oven until golden brown on top. 350 bake for 1 hour 45 minutes.

Let set a few minutes before cutting for cheese to set up some.

CORN SOUFFLE

350 oven Bake for 45 minutes.

2 cans Cream Corn

3 Cups Crushed Cracker Crumbs

2 Cups Milk

2 Eggs

1 Sweet Onion Chopped

1 Tablespoon Butter

In a small roaster pan, Sauté onions until tender. Stir in remainder of the ingredients, Mix well, Put in oven uncovered and bake for 45 minutes. Knife should come out clean.

TERRODOCTAL WINGS FIRE HOT!!!

Cece's personal Wing recipe. TEXAS Southern style

Oven 350 bake for 1 1/2 hours.

The day before, in a big plastic Zip Lock bag Marinade the meat for a day with the following:

1 bottle each of the following:

8 oz Louisiana Hot Sauce
8 Oz bottle Italian Zesty dressing
1/2-cup balsamic vinegar
1/2 chopped Jalapeno Peppers from jar with juice.
1/4 cup Red Chili Peppers
1/4 Cup Habanera sauce
12 Chicken Drumettes and Wings
12 Turkey Drumettes and Wings

The next day, when you're ready to cook them, set the meat in a roaster pan with the marinade. Slow bake until cooked. About hour and half.

Or you can add meat to roaster pan and fry for a few minutes with some flour dusted to create a crust and then place in roaster pan the Marinade and slow bake. I have done both with great success.

The meat is not really "Hot", but more a flavorful break a sweat taste.

Great to take to the beach on a cool night. Or to take to a party.

This is an awesome meal with an ice-cold beer.



The Wonderful World Of Yeast

What is it? Yeast is a unicellular beastie, whose byproducts of growth are the gas carbon dioxide, alcohol, and other organic compounds. The gas is the rising agent in bread, and the other "waste" products create the subtle flavors that make a good loaf. Yeast exists in the air and water around us, as well as in neat, premeasured packages in the local grocery. Wild yeast can be used to make starters, mixtures used as natural leavening for breads. Several strains have been domesticated for their reliability for use in the home as well as the bakery, and are available commercially.

Active Dry Yeast is dormant, and is best used after proofing. The addition of warm water (105 - 115 degrees F) will allow it to grow and reproduce. Combine the yeast with warm water and a pinch of sugar, and let it stand for 10 minutes. This allows the yeast to rehydrate and begin to come to life. This is akin to our morning cup of coffee: we might be able to get going without it, but it will take a lot longer. It can be stored in a cool dry place and in unopened packages for up to 15 months, but do not use after the expiration date. Store open containers in the refrigerator.

Rapid Rise Yeast, Bread Machine Yeast, and Instant Yeast are strains of dormant yeast whose main attribute is the production of lots and lots of carbon dioxide gas very quickly. Less rising time is required, allowing one to bake a loaf of bread fairly quickly. These strains do not require proofing. In fact, each can be added directly to the dry ingredients. These beauties do not require a morning cuppa; they just get right to work. However, many bakers shy away from these strains, because the short rising times do not allow the flavor of the bread to fully develop. Store in a cool dry place, or in the refrigerator. Again, do not use after the expiration date.

Fresh Yeast, also known as compressed or cake yeast, is active yeast. It has good rising qualities, and produces excellent tasting bread. It is sold in cakes, and can be found in the refrigerated section of your supermarket. The down side to this type of yeast is that it does not keep well; it will last about two weeks if refrigerated. The yeast should be soft and crumbly, not hard or crusty. Any mold growing on the surface is an indication that the yeast should be discarded. Fresh yeast should be proofed in tepid water (80 - 90 degrees F). This yeast type is a good choice for breads requiring a long cool rise, or for breads made using the sponge method.

You can substitute one type of yeast for another, keeping in mind the different characteristics of each type. In general, dry yeast can be substituted with any other dry yeast measure per measure. Active dry yeast can be substituted for bread machine yeast, and vice versa. There is of course an exception. SAF brand instant yeast is an exceptionally fast growing strain, and less is needed when substituting this yeast for another type of dry yeast. Use 3/4 teaspoon SAF yeast for every teaspoon active dry yeast called for in the recipe. A (.6 ounce) cake of fresh yeast is equivalent to one package, or 2 1/4 teaspoons, active dry yeast or 2 teaspoons SAF instant yeast.

Wild Yeast and Starters, before yeast was available in grocery stores, families and bakers grew colonies of yeast for making bread. These colonies were known as starters, and were sometimes passed on from generation to generation. A good starter is a treasure, and like a treasure needs to be guarded and cared for. If you do not have a family starter, you can make one using commercial yeast or you can do it the old-fashioned and most basic way starting completely from scratch, using only the naturally occurring wild yeasts that are present in the air and water around us. We have several recipes on our site for sourdough starters:

After your starter has been growing for 5 or 6 days, it can be stored in the refrigerator to slow its growth. Feed 2 - 3 times a week if refrigerated, or every 4 - 6 hours if kept at room temperature. When you are ready to make bread or pancakes, feed the starter and bring it to room temperature. Over time, the yeast's natural fermentation process will develop wonderful flavors. Wild yeast will also make a contribution, and before you know you have a one-of-a-kind, family heirloom.

SOURDOUGH STARTER FOR SWEET BREAD AND BAKING

2 CUPS POTATOE WATER

2 CUPS FLOUR

Mix in a large bowl until smooth. Allow to set for at least 2 days. Repeat ever 2 days for 8 days total. Flour mix will bubble and begin to smell sour. Mix with wire wisk 2 times a day.

Place in a jar and use with baking. Must be used at least once a week or starter will die.

If not in use add 1 Tablespoon of flour and 2 tablespoon of water once a week to keep alive.

Hint: Potatoes water is made by boiling baking potatoes until done. 30 minutes. Make a salad with the potatoes and save the water. This Potatoes water is used to make a starter with, as well as keep the starter alive .

When making bisquits, adding potatoes water will allow for a softer and sweeter bisquit.

SOURDOUGH STARTER (San Francisco Style)

2 Cups Flour

2 Cups Warm Water

2 Tablespoons Active dry Yeast

2 Table spoons sugar

Follow same instructions as above. Ready to use in 8 days. Great as a gift to a baker.

POTATOE FLAKE STARTER

INGREDIENTS:

3 tablespoons instant mashed potato flakes
3 tablespoons white sugar
1 cup warm water
2 1/4 teaspoons active dry yeast

DIRECTIONS:

Combine instant potatoes, sugar, water, and yeast in a covered container. Let the starter sit on a counter for 5 days, stirring daily with a wooden spoon.

On the morning of the fifth day, feed the starter with 3 tablespoons instant potatoes, 3 tablespoons sugar, and 1 cup warm water. In the evening, take out 1 cup of the starter to use in a sourdough recipe. Refrigerate the remaining starter.

Every five days, feed the starter 3 tablespoons instant potatoes, 3 tablespoons sugar and 1 cup water. If starter is to be used in a recipe, let the fed starter rest at room temperature 6 hours before use. If starter is not being used in a recipe, keep refrigerated and discard 1 cup of starter after each feeding.

POTATOE WATER STARTER (No yeast needed)

INGREDIENTS:

2 peeled and cubed potatoes
2 cups warm water
2 cups all-purpose flour
1 teaspoon white sugar (optional)
1 (.25 ounce) package active dry yeast

DIRECTIONS:

In a medium saucepan, cover potatoes with water. Cook over medium heat until tender, about 20 minutes. Remove potatoes and reserve for other use. Let cooking water cool to lukewarm.

Mix flour and 1 cup potato water. Set aside in bowl with cloth or wax paper to cover.

Mixture does not have to be mixed smooth: the batter will work out any lumps as it sits.

Stir once or twice a day until it smells right. It will have a nice sourdough smell to it after about 4 or 5 days, depending on the temperature of your kitchen. You can add a teaspoon of sugar to quicken the process.

If you want to speed the process even more you can add a package of yeast to the water before adding the flour. Use as directed in your favorite Sourdough Bread recipe.

Buttermilk Honey Wheat Bread

INGREDIENTS:

2 1/2 teaspoons active dry yeast
1 cup whole wheat flour
2 cups all-purpose flour
1/2 teaspoon baking soda
1 teaspoon salt
3 tablespoons honey
1 1/2 tablespoons vegetable oil
1 1/2 cups buttermilk, at room temperature

DIRECTIONS:

Combine the yeast, whole wheat flour, all purpose flour, baking soda, salt, honey, oil, and buttermilk into pan of a bread machine.

If baking in bread machine use medium temperature setting.

If baking in an oven, use manual or dough cycle to knead dough. Remove from bread maker, and place in a greased loaf pan. Let rise until doubled in size.

Bake in a preheated 350 degree F (175 degree C) oven for 25 minutes, or until bottom of loaf sounds hollow when tapped.

Portuguese Sweet Bread

INGREDIENTS:

3 cups milk
1 cup butter
1/2 cup shortening
5 cups white sugar
3 (.25 ounce) packages active dry yeast
1/2 cup warm water (110 degrees F/45 degrees C)
12 eggs, beaten
16 cups all-purpose flour
1 egg
2 tablespoons water

DIRECTIONS:

Warm the milk in a small saucepan until it bubbles. Mix in the butter and shortening; stir until melted. Place sugar in a very large bowl, pour milk over sugar and stir until sugar dissolves. Let cool until lukewarm. In a small bowl, stir yeast into warm water.

Stir 12 eggs and yeast mixture into milk and sugar; beat well. Pour all of the flour into the milk/eggs/sugar mixture; stir well to combine. When the dough has pulled together, turn it out onto a lightly floured surface and knead until smooth and elastic; about 8 minutes. Lightly oil a large bowl, place the dough in the bowl and turn to coat with oil. Cover with a damp cloth and let rise in a warm place until doubled in volume, about 1 hour. Deflate dough and let rise again until doubled, about 45 minutes.

Deflate the dough and turn it out onto a lightly floured surface. Divide the dough into six equal pieces and form into loaves. Place the loaves into lightly greased 9x5 inch loaf pans. Cover the loaves with a damp cloth and let rise until doubled in volume, about 40 minutes. Preheat oven to 325 degrees F (165 degrees C).

In a small bowl, beat together 1 egg and 2 tablespoons water and brush on the risen loaves. Bake in preheated oven for 25 to 30 minutes, or until bottom of loaves sound hollow when tapped

PANDESOL SWEET BREAD

PRE HEAT OVEN 300 F 20 MINUTE BAKE TIME

PRIOR TO COOKING, MIX AND LET STAND FOR 15 MINUTES:

STARTER

5 Tablespoons Yeast
1/2 Teaspoon sugar
1/2 Warm water

MIX IN A WIDE CONTAINER:

DOUGH

1 Stick Butter Melted
1 Cup Sugar
1 1/2 Teaspoons Salt
2 Eggs
1 Cup Warm Water
1 Cup Fresh Milk (warm)

(2 cups Corn Flake Crumbs) this is separate from others. Roll Dough in this.)

Add STARTER to the DOUGH mixture. Slowly and stir in up to 9 Cups Flour. Make a dough and let stand for 1 1/2 to 2 hours time. Till doubled.

Cut Dough in half and form a roll of each. Cut in 4 bun size lengths. Let stand and rise for another 1 1/2 hours until double again.

Bake for 20 minutes or until bread is soft and golden brown in color.

CHOCOLATE RAISIN BREAD

BAKE 350 DEGREES FOR 30 MINUTES.

4 1/2 CUPS BREAD FLOUR
1 CUP STARTER
5 TABLESPOONS YEAST
1/2 CUP COCOA POWDER
1/3 CUP BROWN SUGAR
3 TABLESPOONS SUGAR
1 1/2 CUPS SWEET WHOLE MILK
2 TABLESPOON MOLASSES
3 TABLESPOONS BUTTER
1 TEASPOON SALT
1 CUP RAISINS

IN A PAN HEAT THE MILK, BROWN SUGAR, MOLASSES, SALT TO A TEMP VERY WARM TO THE TOUCH. 120 DEGREES.

IN A LARGE BOWL ADD 2 CUPS FLOUR, YEAST, COCOA POWDER,
3 TABLESPOONS SUGAR.
STIR TO MIX EVENLY.

WHEN MILK HAS REACHED VERY WARM STATE, POUR INTO THE BOWL WITH THE FLOUR MIXTURE. USING WIRE WHISK TO MIX WELL. BEAT FOR 3 MINUTES TO EXCITE THE YEAST. ADD 1 CUP STARTER HERE AND MIX AGAIN FOR ANOTHER 2 MINUTES VIGEROUSLY. SIFT ANOTHER CUP FLOUR IN AND MIX WITH A SPOON. ADD ANOTHER CUP FLOUR AND START THE KNEEDING. KNEED FOR ABOUT 15 MINUTES. BREAD SHOULD HAVE A FIRM BUT MOIST TEXTURE, WITH A NICE SHEEN ON IT.

PLACE A SMALL AMOUNT OF OIL IN THE BOWL, SET BREAD IN AND TURN ONCE TO COAT. AND ALLOW TO RISE FOR AN HOUR'S TIME. TIL DOUBLED IN SIZE.

PUNCH DOWN AND ADD THE RAISINS. LET REST FOR 5 MINUTES WHILE YOU OIL PANS YOUR USING.

FOR THIS BATCH I USED 2 LARGE BREAD PANS. I ROLLED THE BREAD ON THE COUNTER TO A LENGTH OF THE PAN. CUT LENGTHWISE DOWN THE MIDDLE AND SET EACH ON A BREAD PAN. COVER AND LET RISE AGAIN FOR ANOTHER 30 MINUTES, TIL DOUBLE./
BAKE FOR 30 MINUTES, OR UNTIL WHEN TAPPED WITH A KNIFE BREAD HAS HOLLOW SOUND.

REMOVE FROM OVEN AND PAINT ON MILK TO THE TOPS. HARD CRUST WILL BECOME SOFT WHEN IT COOLS. FOR A CRUNCHY CRUST, DO NOT PAINT WITH MILK BATH. FOR A SHINY TOP BEFORE BAKING BRUSH WITH A EGG WHITE WASH. THEN BAKE AS NORMAL. TOPS WILL HAVE A NICE CRISP SHINE.

MAKES A EXCELLENT BREAKFAST BREAD.



The fruit of the Beavertail Cactus.

Prickly Pear fruit rivals the wild berries of the Northwest in their sheer pervasiveness and abundance. The tender, sweet fleshy buds have a unique and marvelous flavor. The fruits are so delicious that early Spanish explorers sent samples back to Europe where they quickly caught on and remain popular to this day, especially in Italy.

Ingredients: fresh Prickly Pear juice, sugar, lemon, pectin

- Wildcrafted in the Sonoran Desert region of southeastern Arizona
- Strong prickly pear flavor - higher fruit to sugar ratio than most jellies

Prickly pear cactus represent about a dozen species of the **Opuntia** genus (**Family Cactaceae**) in the North American deserts. All have flat, fleshy **pads** that look like large leaves. The pads are actually modified branches or stems that serve several functions -- water storage, photosynthesis and flower production. **Chollas** are also members of the *Opuntia* genus but have cylindrical, **jointed stems** rather than flat pads.



The fruit of the prickly pear cactus.

Like other cactus, most prickly pears and chollas have large spines -- actually modified leaves -- growing from **tubercles** -- small, wart-like projections -- on their stems. But members of the *Opuntia* genus are unique because of their clusters of fine, tiny, barbed spines called **glochids**. Found just above the cluster of regular spines, glochids are yellow or red in color and detach easily from the pads. Glochids are often difficult to see and more difficult to remove, once lodged in the skin.

The fruits of most prickly pears are edible and sold in stores under the name "**tuna**." Prickly pear branches (the pads) are also cooked and eaten as a vegetable. They, too, are sold in stores under the name "**Nopalito**." Because of the glochids, great care is required when harvesting or preparing prickly pear cactus. **Both fruits and pads of the prickly pear cactus** are rich in slowly absorbed soluble fibers that **may help keep blood sugar stable**.

RECIPES

Nopales on The Grill

Prepare the cactus pads as described in the preparation section above. Once you have removed the needles, nodules and thoroughly washed the pads, they are ready for the grill. Cook each pad for approximately 10 to 12 minutes on each side. While grilling, brush each side of the cactus pad with olive oil or a flavored oil of your choice. Pepper or garlic-flavored oil are often used on grilled Nopales.

Scrambled Nopales

1 or 2 cactus pads

8 Eggs

1/4 lb. of cheese (your choice)

salt & pepper to taste

Prepare the cactus pads as described in the preparation section above. Once you have removed the needles, nodules and thoroughly washed the pads, slice into bite-size pieces. Sauté the sliced pads in a small amount of butter for 5 minutes. Remove from the heat and set aside. Beat the eggs in a mixing bowl; add shredded cheese and the sautéed cactus pieces. Pour the egg mixture into a skillet and scramble. Serve warm with salt and pepper to taste.

Nopales Rellenos (Stuffed Cactus Pads)

12 tender cactus pads

3 cups of water

6 slices of Machego or Panela cheese

1/4 onion, thinly sliced lengthwise

1 clove of garlic

Salt to taste

1/2 cup of flour

4 eggs, separated

1 1/2 cups vegetable or olive oil

1 can of tomato sauce (12 ounces)

Prepare the cactus pads as described in the preparation section above. Once you have removed the needles, nodules and thoroughly washed the pads, boil in 3 cups of water with the garlic, onion, and salt. Drain.

On each of 6 cactus pads place a slice of cheese and 3 to 4 pieces of onion. Top with another cactus pad, secure with wooden toothpicks and coat with flour.

Beat the egg whites until stiff peaks form, then add the yolks and beat for 1 to 2 minutes more to create a batter.

Heat the oil in a frying pan, dip the stuffed cactus pads into the egg batter and fry until golden on both sides. Drain on paper towels.

Serve drenched with cooked tomato sauce.

Nopales Salsa

1 lb. cleaned cactus pads
1/2 lb. tomatillos
1 small white onion
2 garlic cloves
2 poblano peppers
1/2 tsp. of salt
2 tsp. of fresh lime juice
1/2 tsp. of cumin
2 Tbs. cilantro

Prepare the cactus pads as described in the preparation section above. Once you have removed the needles, nodules and thoroughly washed the pads, grill for about 7 minutes on each side. Slice the grilled pads into strips. Place tomatillos, cubed onions and garlic in a baking dish, then cook in a 450-degree oven for 20-25 minutes. Roast poblanos on grill or under the broiler, then peel them and remove the seeds. Place all ingredients in a blender and mix until well chopped. A little water may be needed to moisten the salsa. Serve chilled with chips or use to season tacos, burritos or other Mexican dishes.

Nopales Salad

2.2 lbs. Nopales (cactus pads)
1 onion, halved
4 cups water
2 Tbs. salt
2 large tomatoes, chopped
1 large onion, chopped
4 green chiles - serrano or jalapeno - chopped

Prepare the cactus pads as described in the preparation section above. Once you have removed the needles, nodules and thoroughly washed the pads, chop into bite-size pieces. Place the chopped Nopales into a pan with the 4 cups of water, halved onion and salt. Bring to a boil, reduce heat and simmer 30-45 minutes or until tender. Drain Nopales and combine with remaining ingredients. Taste and adjust seasoning, adding more salt if necessary. This dish gets better if you let it sit a few hours in the refrigerator before serving. Serves 4 or more.

Prickly Pear Juice

Select ripe prickly pears, including a few on the green side to add pectin if making jelly. Wash and rinse. Place in a pot with 1 cup of water and cook over low heat until tender (about 20 minutes). Mash with a potato masher and strain to remove seeds and fibers.

Prickly Pear Jelly

4 cups prickly pear juice
5 cups sugar
1 package of pectin

Follow manufacturer's directions for adding ingredients and boil for 5 minutes. Pour into sterilized jars and seal. Should syrup not jell, repeat cooking time.

Prickly Pear Puree

Wash and peel ripe prickly pears. Cut in half with a knife and scoop out the seeds. Force the raw pulp through a medium to fine strainer. Freeze either fruit pulp or the puree.

Simply pack into freezer containers and seal. Thaw before using.

Prickly Pear Salad Dressing

1/2 cup prickly pear puree

1/3 cup salad oil (not olive oil)

1 tsp. salt

1 tsp. sugar

3 to 4 Tbs. tarragon white wine vinegar

Shake all ingredients together in a covered jar. Makes about 1 cup . This pretty pink dressing is thin like an oil and vinegar dressing, but lower in calories. Good on fruit salads and tossed green salads.

Prickly Pear Marmalade

4 cups chopped prickly pears

1 cup sliced lemon

2 oranges

1 or more cups of sugar (see below)

Chop orange peel and pulp. Add 4 cups water to lemon and orange. Let stand 12 to 18 hours in a cool place. Boil until peel is tender. Cool. Measure lemon, orange and water in which cooked. Add chopped prickly pears and 1 cup of sugar for each cup of combined pear, lemon, orange and water. Boil to the jelling point. Pour, boiling hot, into hot jars. Seal at once.

Pitcher Prickly Pear Margarita

1 cup crushed ice

1/4 (2 ounces) cup freshly squeezed lime juice

1/4 (2 ounces) cup undiluted frozen limeade

2/3 (5 ounces) cup Tequilla GOLD

1/4 (2 ounces) cup Triple Sec

1/4 (2 ounces) cup prickly pear syrup

Lime wedges for garnish

In a blender, add crushed ice, lime juice, Tequilla, Triple Sec, prickly pear syrup, cover and mix ingredients (a pulsating action with 4 or 5 jolts of the blender works the best). At this point, a taste test WILL be required (while it's not necessary, it is a requirement - you'll thank me later). Correct with additional prickly pear syrup if it is too tart.

Pour into salt-rimmed margarita glasses, (If desired)

I dip glass rim in Prickly pear syrup and then coat with a sugar rim. Different way and has a nice Summer taste.

garnish with a lime wedge, and serve immediately.

NOTE: To create a salt-rimmed glass, take a lemon or lime wedge and rub the drinking surface of the glass so it is barely moist. Dip the edge of the glass into coarse or Kosher salt.

Makes 4 serving.

Prickly Pear Margaritas (serves 4)

6 oz Tequila
4 oz Triple Sec
4 oz Lime Juice
2 oz Prickly Pear Cactus Syrup
1 oz Orange Juice

Directions: Mix ingredients and pour over ice into 4 glasses.

Cactus Wine Coolers (Makes 1 - 8oz glass)

1 Scoop of ice
1 Tablespoon of Prickly Pear Syrup
1/2 glass Chablis wine
1/2 Glass 7-up
Directions: Fill glass with the ingredients and stir well.

Desert Blush Lemonade (Makes 1/2 Gallon)

16 oz Lemon Juice
3/4 Cup sugar
1/4 Cup Prickly Pear Cactus Syrup
48 oz Water

Directions: Pour over ice or blend in a blender.

Prickly Pear Tea

Fill 8 oz glass or one cup with tea (hot or cold)
Add 1 Teaspoon of Prickly Pear Cactus syrup and stir well

Prickly Pear Sorbet

Juice and pulp from 6 key limes (remove seeds)
Zest of 1 lime
2-1/2 C Very cold water (use bottled)
1/2 cup Prickly pear syrup
Put the sorbet in the freezer for 30 minutes before serving.
Sorbet will be hard enough to scoop into servings. Garnish with mint leaf and wedge of lime, and serve with a slice Lemon/Lime cake

SMOOTHIES

For any of these smoothie recipes, you can increase the nutritional value by adding one or more of the following optional high-fiber or high-energy ingredients. How this affects the taste varies. Here are a few suggestions:

1 T. Wheat Germ
1/4 c. uncooked oatmeal
1/4 c. Post 100% bran cereal
1 T. Protein powder
Milk substituted for part of juice/lemonade
blackstrap molasses (extra iron)
brewer's yeast (protein)
spirulina or chlorella (vitamins)
flaxseed oil (omega-3 fatty acids)
bee pollen (amino acids)

Strawberry Smoothie

5 large fresh strawberries
6 oz. light (reduced sugar) fat-free strawberry yogurt, frozen (This is one container of Yoplait)
4 oz. sugar-free lemonade (I use Crystal Light)

Place all the ingredients into a blender and blend until it reaches a nice smoothie consistency.

1 half cup of frozen strawberries may be added to make it thicker.

Blueberry Smoothie

6 oz. light (reduced sugar) fat-free blueberry yogurt, frozen (This is one container of Yoplait)
1 cup fresh blueberries
1 cup non-fat milk

Place all the ingredients into a blender and blend until it reaches a nice smoothie consistency.

1 half cup of frozen blueberries may be added to make it thicker.

Strawberry Banana Smoothie

1 banana, peeled
4 fresh strawberries
1/2 cup skim milk
1/2 cup apple juice

Place all the ingredients into a blender and blend until it reaches a nice smoothie consistency.

Summer Blend Smoothie

1 nectarine
6 oz. light (reduced sugar) fat-free peach yogurt, frozen (This is one container of Yoplait)
1/2 cup Dole Pineapple-Orange-Guava juice (comes in a carton)
1/2 cup sugar-free lemonade (I use Crystal Light)

Place all the ingredients into a blender and blend until it reaches a nice smoothie consistency.

Apple Coconut Smoothie

1/4 cup apple juice
1 pinch grated coconut or 1 Tbs. coconut milk
1/2 banana, peeled
1/4 teaspoon fresh ginger root peeled
2 small ice cubes

Place all the ingredients into a blender and blend until it reaches a nice smoothie consistency.

Banana Raspberry Papaya Smoothie

1 frozen banana, peeled
1/2 fresh papaya
10-12 raspberries (you can use fresh or frozen)
1/2 cup water or fruit juice (I use raspberry juice if I can find it)

Place all the ingredients into a blender and blend until it reaches a nice smoothie consistency.

Power Shake Smoothie

1 cup nonfat soy milk (such as Healthy Valley Soy Moo)
1/2 cup orange juice (fresh or reconstituted frozen)
1 banana
1/2 cup cantaloupe
1 Tbs. peanut butter
1/2 cup strawberries, fresh or frozen

Place all the ingredients into a blender and blend until it reaches a nice smoothie consistency.

Strawberry Pineapple Smoothie

3/4 bag frozen unsweetened whole strawberries
4 cups pineapple juice (I prefer Dole for this)
1 cup orange juice (I use fresh-squeezed or Tropicana Pure Premium for the best flavor)
1 1/2 cups lowfat vanilla yogurt, frozen

Place all the ingredients into a blender and blend until it reaches a nice smoothie consistency.

Mango Apricot Smoothie

6 oz. light (reduced sugar) fat-free Apricot-Mango yogurt (This is one container of Yoplait)
1 cup sugar-free lemonade (I use Crystal Light)
1/2 banana
5 or 6 canned apricot halves

Place all the ingredients into a blender and blend until it reaches a nice smoothie consistency.

Orange Pineapple Berry Smoothie

1 cup orange juice (fresh or reconstituted frozen)
1/4 cup pineapple juice
2 pineapple rings (I use Dole pineapple slices)
6 fresh strawberries
12-15 frozen raspberries
8-10 frozen boysenberries
12-15 frozen blueberries
3 oz. non-fat yogurt, any flavor (This is about half a container of Yoplait)
Ice (as much as you prefer for desired consistency)

Place all the ingredients into a blender and blend until it reaches a nice smoothie consistency.

Papaya Nectarine Smoothie

1 cup sugar-free lemonade (I use Crystal Light)
6 oz. fat free peach yogurt, frozen (This is one container of Yoplait)
1 nectarine, pitted and unpeeled
1 cup papaya, seeded and peeled
Place all the ingredients into a blender and blend until it reaches a nice smoothie consistency.

Chocolate Banana Smoothie

6 oz. SnackWell's Chocolate Cherry Non-Fat Yogurt
1/4 cup skim milk
1 banana
3 large ice cubes
Place all the ingredients into a blender and blend until it reaches a nice smoothie consistency.

Chocolate Banana Nut Smoothie

6 oz. milk
2 Tbs. nuts (I prefer pecans for this)
2 teaspoons unsweetened cocoa powder
1 Tbs. maple syrup

1/2 large banana

6 ice cubes

Place all the ingredients into a blender and blend until it reaches a nice smoothie consistency.

Strawberry Kiwi Smoothie

3 peeled kiwi

1 cup frozen banana slices

3/4 cup pineapple juice

1/2 cup frozen strawberries

Place all the ingredients into a blender and blend until it reaches a nice smoothie consistency.

Strawberry Raspberry Smoothie

1-1/2 cups orange juice

1 banana 1 cup frozen strawberries

1 cup frozen raspberries

Place all the ingredients into a blender and blend until it reaches a nice smoothie consistency.

Pistachio Banana Smoothie

1 container plain nonfat yogurt (6 oz. size)

2-3 oz pistachio instant pudding mix (I use one small package)

1 ripe banana

1/4 cup skim milk

a good sized handful of crushed ice (add more if desired after blending, then blend again)

Place all the ingredients into a blender and blend until it reaches a nice smoothie consistency.

Pina Colada Smoothie

1 6 oz. container nonfat coconut yogurt (frozen)

1/2 banana (frozen)

10 oz crushed pineapple

1 cup nonfat milk

Place all the ingredients into a blender and blend until it reaches a nice smoothie consistency.

Dreamy Peach Smoothie

10 oz. of apple cider

3-5 slices of peach

4 large strawberries

1 banana, peeled

1/8 teaspoon cinnamon

Place all the ingredients into a blender and blend until it reaches a nice smoothie consistency.

Chocolate Peanut Butter Banana Smoothie

1 banana, peeled
2 Tbs. Peanut Butter (chunky or smooth... whichever you prefer)
1-2 squirts of Hershey's chocolate syrup (I use their reduced calorie for this)
1 Tbs. wheat germ
6 oz. soy milk (you can use regular non-fat milk if you prefer)

Place all the ingredients into a blender and blend until it reaches a nice smoothie consistency.

Apple Peach Smoothie

1 fresh peach, peeled and cut into thin slices. (Then put in a zipper bag, layering them so they'll lay flat, and freeze for an hour or two.)
1/3 cup non-fat milk
1/4 cup frozen apple juice concentrate

Take out 1/4 of the peaches out of the zipper bag and break them into pieces. Mix them in a blender with the milk and 1 frozen apple juice concentrate. Cover and blend until smooth. pour into a glass. Add the rest of the frozen peach slices for peachy ice cubes!

Black and Blue Smoothie

1/4 cup blackberries
1/4 cup blueberries
1 banana
1/2 cup apple juice
1/3 cup raspberry sorbet

Place all the ingredients into a blender and blend until it reaches a nice smoothie consistency.

Pineapple Orange Banana Smoothie

1 banana
6 oz. light (reduced sugar) fat-free peach yogurt, frozen (This is one container of Yoplait)
6 oz. (1 can) Dole Pineapple-Orange-Banana juice

Place all the ingredients into a blender and blend until it reaches a nice smoothie consistency. If drink is too thick, add some orange juice.

Mad Melon Smoothie

1 cup of peach fat-free yogurt, frozen
1 cup skim milk
1/2 cup cantaloupe, peeled and cubed
1/2 cup honey dew melon, peeled and cubed
4 ice cubes
1/2 cup strawberries or cubed watermelon

Put the yogurt, milk, and strawberries into blender and blend on high for about 30-45 seconds. Next, add the cantaloupe, melon, and ice. Blend again on high for about 1 minute until it reaches a nice smoothie consistency.

Peppermint-Chocolate Smoothie

6 cups chocolate fat free skim milk
1 4-serving-size package instant vanilla or chocolate pudding mix (regular or sugar-free)
1/4 teaspoon peppermint extract
Peppermint sticks

In a blender container combine half of the chocolate fat free skim milk and all of the pudding mix. Cover and blend it until smooth. Pour into a pitcher and stir in remaining chocolate fat free skim milk and the peppermint extract. Refrigerate for at least 1 hour.

To serve, stir the mixture and pour into glasses. Garnish each serving with a peppermint stick stirrer. Makes 8 (6-ounce) servings.

Tropical Fruit Smoothie

1-1/2 cup lowfat milk
1 large ripe mango, peeled, seeded, chopped
1 large ripe papaya, peeled, seeded, chopped
1 7-oz. can guava nectar
3 tablespoons honey
4 ice cubes

Combine milk, fruit, guava nectar, honey and ice in your blender. Blend until smooth, scraping sides as necessary, until it reaches a nice smoothie consistency. Garnish each serving with additional fruit or papaya seeds if desired. Makes 5 servings, 7 oz. each.

Tropical Orange Smoothie

1 ripe medium banana, cut up
1 8-ounce can crushed pineapple (juice pack), chilled

1/3 cup frozen orange juice concentrate (1/2 of a 6-ounce can)
1-1/2 cups vanilla lowfat ice cream
1 cup fat free skim or 1% lowfat milk
Shredded coconut, toasted (optional)

Combine banana, undrained pineapple and orange juice concentrate in a blender, cover and blend until almost smooth. Add the lowfat ice cream and fat free skim or 1% lowfat milk. Cover and blend until smooth. Pour into glasses. If desired, top each serving with a little toasted coconut; serve immediately.

Orange-Banana Smoothie

1-1/2 cup lowfat milk
1 pint orange sherbet
2 ripe bananas, peeled and sliced
1 cup orange juice
2 tablespoons honey
12-14 ice cubes

Combine milk, sherbet, banana, orange juice and honey in your blender, adding enough ice to measure 6 cups in blender. Blend until smooth, scraping sides as necessary, until it reaches a nice smoothie consistency. Garnish each serving with orange slice and fresh mint if desired. Makes 5 servings (8 oz each).

Peaches and Cream Smoothie

8 ounces fat free milk
1 packet instant oatmeal
1 peach, canned in natural juice or fresh peach pitted
1 scoop vanilla low fat yogurt
1/8 teaspoon vanilla extract
1/2 teaspoon grated orange zest (or 1 teaspoon orange marmalade)
4 or 5 ice cubes

Place all the ingredients into a blender and blend until it reaches a nice smoothie consistency.

Candy Bar Smoothie

14 oz. chocolate sweetened condensed milk
1 cup vanilla ice cream
2 candy bars (your choice) broken into pieces
2 cups crushed ice

Place all the ingredients into a blender and blend until it reaches a nice smoothie consistency.

Pumpkin Smoothie

1 cup milk
1 medium banana, sliced
1/4 cup solid pack pumpkin
dash cinnamon
2 Tbs. maple syrup
4 ice cubes

Place all the ingredients into a blender and blend until it reaches a nice smoothie consistency.

Note: I like to sprinkle a bit of cinnamon on top of the glass when I serve this.

Orange Julius Clone

2/3 cup orange juice concentrate
1 cup water
1 cup milk
1/2 teaspoon vanilla
1/4 cup powdered sugar
6 ice cubes (approximately 1 1/2 c. ice)

Put all the ingredients in a blender, cover and blend until smooth.

You can use 1 2/3 cups of premixed orange juice instead of the concentrate and water. If your ice cubes are from a tray, crush them a bit first, as the ice blends better if the pieces aren't too large.

Notes: I love to add a banana or a handful of strawberries to this recipe to vary the taste!

Fruit Slush Mix

4 cups Sugar
4 cups Water
1 can Frozen Orange Juice (6 oz size)
1/2 cup Lemon Juice
1 can (46 oz) Pineapple Juice

Combine sugar and water in a medium saucepan and heat until the sugar is dissolved. Add the orange juice concentrate, lemon juice, and pineapple juice.

Fill 6 or 7 ice cube trays with mixture. Freeze until firm. Remove cubes from freezer trays and store in plastic bags. Use within 6 months. Makes about 100 small cubes.

To prepare, fill a glass with the Fruit Slush Mix cubes, add ginger ale to cover. Let it stand for about 15 minutes, then stir it and serve.

Note: You can 5 to 6 mashed bananas to mixture before freezing for a variation.

Blueberry Angel food Muffins

Cake:

1 1/2 cups egg whites (from about 1 dozen eggs), at room temperature

1 1/4 teaspoons cream of tartar

1/2 teaspoon salt

1 1/2 cups sugar

1 1/8 cups sifted cake flour

1 teaspoon pure vanilla extract

1 lemon, zest freshly grated

1 1/2 cups fresh or frozen blueberries

Cake: Preheat the oven to 375 degrees F.

In a mixer fitted with a whisk attachment (or using a hand mixer), whip the egg whites until foamy. Add the cream of tartar and salt and continue whipping until soft peaks form. With the mixer running, gradually add 1 cup of the sugar and continue whipping until stiff and the sugar has dissolved, about 30 seconds.

Sift the remaining 1/2 cup sugar with the pre-sifted cake flour 3 times, to aerate the mixture. Fold into the egg whites, then fold in the vanilla, zest, and blueberries. Scoop the batter into paper lined large muffin cups. Bake until light golden brown, 25 to 30 minutes. Cool to room temperature.

Glaze:

3 tablespoons lemon juice

1 cup confectioners' sugar

Glaze: Stir the ingredients together until smooth. Dip the tops of the muffins into the glaze.

Caramel Springs

*2 cups sugar
1/2 cup water
Vegetable oil*

*Equipment:
Sharpening steel
Dessert spoon
Parchment paper in an air tight container with a lid
Bowl of ice water*

Place the sugar in a saucepan. Pour the water around the edge of the pan carefully to avoid any splashing up of the water or sugar crystals onto the walls of the pan. Draw your finger through it in an "X" to let the water infiltrate the sugar completely. Bring the sugar water to a boil and, without stirring, continue to cook until amber colored.

Meanwhile, oil the sharpening steel very lightly with vegetable oil.

Test the color of the caramel periodically by placing a drop of it on a white plate. When its slightly lighter than you want it to be, stop the cooking by placing the bottom of the pot in a bowl of ice water. Swirl it a bit to distribute the cooling. When the caramel has cooled enough to slowly fall from a spoon, gather up a glob (about 1 tablespoon) on the dessert spoon and hold it over the saucepan. Let it drop and, once you have a strand falling from the spoon, hold the sharpening steel over the sauce pan and wind the strand around it. Work your way up the steel, forming a spring, and when you reach the end of the steel, pinch the end of the caramel to cut it off.

Let cool slightly, about 30 seconds, then slide it off the steel. Place in an airtight container with folded parchment paper in between each Carmel Spring.



BABY RECIPES

Introduction

Making your own baby food is simple, convenient, and can save you money. Nutritionally, it's hard to beat the wholesomeness of foods right from your kitchen. You can feed baby some of your family's regular foods knowing that they are free from the additives and fillers found in some store-bought baby foods.

Family foods, if prepared with salt, spices, sugar, or fat, are not suitable for infants. You will need to prepare foods separately, or remove the baby's portion before salt, sugar, or other seasonings are added.

Making your own baby food doesn't require a lot of expensive equipment. At a minimum, all you need to get started is a clean pot to cook in and equipment to get the foods to the right consistency.

Equipment for Pureeing Baby Foods

Following are guidelines for the equipment required to produce baby food:

- Some foods, such as bananas and other ripe fruits, require only a fork for mashing. A potato masher also works well to puree cooked apples, winter squash, potatoes, or carrots. Be sure to remove lumps, pieces of skin, strings, or seeds before feeding to baby.
- A fine mesh sieve or strainer may be used to strain cooked foods.

- A two-cup food processor that cost \$10.00 is well worth the small investment. Black and Decker makes a perfect size one.
- Most foods can be pureed with a blender. Be sure to remove tough peels and seeds from vegetables and fruits before blending or they will be ground into the food. Use a blender to grind a handful of uncooked brown rice, cook well until soft and smooth, and you have a nutritious, inexpensive cereal for baby. For a good source of protein, nut butters (like peanut butter) can be made in a blender from whole nuts. Thin with water or formula into a consistency suitable for older babies.
- Raw or cooked foods can handily be prepared in a small, hand-operated baby food mill. Peels and seeds are strained out of the food, and its small size is perfect for taking to the table or restaurant.
- Some foods are ready to serve baby right from the grocery store. Try canned pumpkin, unsweetened applesauce, instant mashed potatoes, Cream of Wheat or rice cereal for quick, ready-to-eat additions to meals.

Prepared Food Cost Savings.

When you look at the time and cost it takes to make a months worth of food versus the savings in cost of buying them, not to mention much healthier food for your baby.

Consider this. 1 jar of baby food averages 85 cents. Feedings is about one with 1/3 jar of waste that baby didn't eat thrown out. Now for the same .85 cents lets see what we can make. We buy 3 large Yams, this is about a pound and half in size. Cut up and steam the yams till fork tender. Process in the blender with 1/4-cup water. Maybe less. Just enough to thin. Cool the mixture and pour into ice tray. Each ice tray will hold 12 servings. Each Potato will fill an ice tray. So we have 3 potatoes for 36 servings. Now our .85 cents has made 36 healthy meals, instead of one meal. When frozen and placed in a freezer bag, each of these is good for 60 days of freezer time. That's two months. So lets look at the time factor. 1 day to make 1 month of meals. And a savings of over \$150.00 !! Now that makes cents to me. It all adds up.

Prevent Food-Borne Illness

Cleanliness is a priority when making foods for baby. Bacteria can easily upset a baby's digestive system; so anything that touches the food -- your hands and all equipment -- must be absolutely clean. The same rule applies when storing, heating, and serving baby foods, too. Always wash your hands and equipment with hot, soapy water, rinse, and allow to air dry.

Cooking Methods

Steaming is one of the best cooking methods to preserve vitamins and minerals in foods. Place the food in a steam basket, sieve, or colander above boiling water and cook in the rising steam.

Microwave cooking is another way to prepare foods, especially vegetables, which cook quickly in very little water.

Boiling or simmering fruits and vegetables is an acceptable cooking method but will result in loss of some nutrients in the cooking water. Be sure to use only a small amount of water and save the cooking liquid to thin the pureed food to eating consistency.

Since babies do not have a preference for salty or sweet, you should not add salt or sugar to their food. It's a good idea to keep your child from developing an early taste for such additions. Studies suggest that feeding babies too much sodium may trigger high blood pressure later in life in those individuals who are likely to develop high blood pressure (1).

Serving and Storing Baby Foods

Pureed foods spoil more easily than other foods; so baby's food must be used immediately or frozen for future use. If you store food in the refrigerator, keep it in there only 2 to 3 days. If you don't use it by then, it should be discarded. Remember: refrigeration does not kill bacteria; it only slows down their growth (2,3).

Large batches of pureed foods can easily be frozen in ready-to-use serving sizes. One such method is to pour pureed food into plastic ice-cube trays, cover with waxed paper, and freeze. When frozen, transfer to freezer bags. Another method is to "plop" drops of pureed food on a cookie sheet, freeze, and then transfer to freezer bags. These frozen portions will keep about one month.

Thaw cubes in the refrigerator, in a double boiler, in the microwave (at low setting), or in the plastic bag under cold water. Do not thaw at room temperature.

What to Serve

Here are some serving suggestions:

- Fresh and frozen fruit juice, fruits and vegetables without added sugar or salt.
- Home-canned and frozen fruits and vegetables without sugar, salt, or seasonings.
- Whole-grain cereals such as rice, oats, barley, corn, and other grains.

As with any new food, wait 5-7 days before adding another new food to see if any allergic reactions occur.

Honey Alert

Do not feed honey in any form to infants less than 1 year of age.

Serious food poisoning (infant botulism) may result.

General Advice for from 4 months recipes

- All foods at this stage must be a smooth puree.
- The key to good weaning is to keep it simple, using few ingredient combinations.
- This helps in finding out what your baby likes and whether he or she may be allergic to particular ingredients. Here a strong word of advice. Use one fruit at a time. Wait 24 hours to see if reactions before adding another fruit. When your baby is 4 months his digestive tract is not ready for full-blown fruit. Always make sure to dilute your fruit with some water in the making. Meals at this point should still be a liquid form that slowly works into thicker food.
- Organically grown ingredients are best if you can get them. Your local supermarket should be able to supply a good range of organic produce.
- When making your own food, DO NOT ADD ANY SUGAR OR SALT AT ANY STAGE. This is where bad habits are started and a sweet tooth is created. Sodium at this young an age will add the chance to heart disease, and also increases the chance for weight gain.
- A good rule of thumb when it comes to new the young baby and their food. **KEEP IT SIMPLE.** One thing at a time, and small amounts. A fat baby is not really a happy baby. That is a myth.

APPLE AND PEAR CEREAL

1. Peel and finely chop 1 small apple and 1 small pear.
2. Mix ½ tablespoon of ground rice, with ½ tablespoon of water.
3. Put the chopped apple and pear in a saucepan and add the rice mixture.
4. Bring to the boil and simmer for 5 minutes.
5. Puree by pushing through a sieve or by using a blender.
6. Add extra water, to correct consistency, if necessary.

BANANA AND STRAWBERRY RICE PUDDING

1. Peel and finely chop 1 small banana and 5 small strawberries.
2. Boil 2 tablespoons of ground rice, with 3 tablespoons of water and simmer for 5 minutes.
3. Add the chopped fruit to the pan.
4. Bring to the boil and simmer for 5 minutes.
5. Puree by pushing through a sieve or by using a blender.
6. Add extra water, to correct consistency, if necessary.

METHOD FRUIT COMPOTE

1. Peel and finely chop ½ small apple, 1 fresh apricot or 4 dried apricots and ½ a dried fig.
2. Boil 2 tablespoons of oats, with 5 tablespoons of water and simmer for 5 minutes.
3. Add the chopped fruit with 2 tablespoons sultanas and a pinch of cinnamon.
4. Bring to the boil and simmer for 5 minutes.
5. Puree by pushing through a sieve or by using a blender.
6. Add extra water, to correct consistency, if necessary.

BABIES FIRST VEGETABLES CARROT

1. Peel and finely chop 1 large carrot
2. Peel and finely chop 1 medium potato.
3. Fresh peas peas,
4. 4 tablespoons of water. Mix well.
5. Simmer for 15 minutes. Till all vegetables are fork tender
6. Puree by pushing through a sieve or by using a blender.
7. Add extra water, to correct consistency, if necessary

COOKED LEAFY GREENS

Many of the most nutritious veggies, especially the green leafy ones, are not available in commercial baby foods. It's easy to make your own.

1 pound fresh greens (kale, collards, etc.)
1 Tablespoon water
3 Tablespoons fruit juice. Apple juice works good here

Wash leaves thoroughly. Steam most greens 5-15 minutes, leaving the lid off for the first few minutes. Puree in blender with the water and juice.

BASIC VEGETABLE RECIPE

Do not add salt, sugar, or fat.

1 cup cooked fresh without salt (use potatoes, green beans, peas, carrots, yellow squash)
4-8 Tablespoons cooking liquid, formula, or water

Press vegetable chunks through a sieve or baby food mill, thinning with cooking liquid or formula to eating consistency. Or, puree vegetables and liquid in blender until smooth. Serve or freeze.

Note: After trying single foods, good combinations are potatoes and carrots or carrots and peas.

FRESH FRUIT

Try different varieties of fruit in this recipe.

3/4 cup ripe fruit (uncooked peaches, nectarines, bananas, pears, apricots, apples)
1 teaspoon unsweetened fruit juice. Apple juice works good here.
1 teaspoon lemon-flavored water (1 teaspoon lemon juice to 1 cup water to prevent darkening)

Remove skin and seeds from fruit. Puree ingredients in baby food mill or blender until smooth. Serve or freeze.

FRESH ORANGE SHERBET

(Makes 1-2 cups)

Babies will love this dish.

1 sweet orange, peeled, sectioned, and seeds removed
1 cup fruit juice. Orange juice diluted with water good here.

In a blender, liquefy the fruit. Add the juice and blend. Pour into loaf pan, cover, and freeze until fairly firm, about 1 hour. Pour back into blender, and blend at low speed until smooth. Return to pan and freeze until firm.

HOMEMADE FRUITY GEL

(Serves 4)

This recipe uses fruit juice instead of sugar to add sweetness. Agar, the thickener, is derived from seaweed. It is available in natural food stores and food co-ops or may be ordered from the Community Mercantile, 901 Mississippi, Lawrence, KS 66044. Phone 913-843-8544. An ounce of agar costs approximately \$5.69 but it goes a long way.

1/2 cup cool water
1 Tablespoon agar flakes
1-1/2 cups fruit juice
1 cup pureed fruit

Place water in small saucepan. Sprinkle in agar and stir to dissolve. Add juice and heat for 1 minute, stirring well. Pour into 4 small cups. Place in refrigerator. After 1/2 hour, stir in pureed fruit.

CARROT/APPLE MIX

(Serves 2)

This is a delicious dish.

1/2 medium apple, cored and peeled 1/2 carrot, washed and peeled
2 Tablespoons fruit juice
1 teaspoon lemon juice

Puree all ingredients in blender. Or, grate apples and carrot and mix with juice before serving.

TEETHING BISCUITS

KNACKBROD (SWEDISH HARD BREAD)

(Makes 20)

Unlike store-bought varieties, this homemade version of "hard tack" crumbles and melts in baby's mouth and is great for teething.

1 cup all-purpose flour
1 cup rye graham flour
2 Tablespoons sugar or other sweetener
1/2 teaspoon baking soda
1/2 teaspoon baking powder
8 ounces commercial corn muffin mix
3 Tablespoons margarine
3/4 cup soy milk

Mix dry ingredients. Cut in margarine. Add soy milk. Mix well. Roll thin, cut into shapes and bake 10-15 minutes at 350 degrees until brown.

FRANCES BISCUIT

Ingredients:

2 1/8 cup Whole wheat flour (2 cups plus 2 Tbsp)
1/8 cup Corn flour (2 Tbsp)
1/4 cup Wheat germ

1/2 tsp Salt
2 Tbsp Sugar
1 Egg, beaten
2/3 cup Milk

Directions:
Preheat the oven to 325°F (160°C).

In the food processor or in a large bowl, stir together the flour, wheat germ, corn flour, salt, and sugar.

Add the egg and mix well.

Blend in enough of the milk to form a dough that will hold together in a cohesive ball.

On a floured surface or pastry cloth, roll into a rectangle about 3/8 inch thick. With a sharp knife, cut the dough into 1 1/2 by 3 inch rectangles. Place them on a lightly greased or parchment-lined baking sheet. Prick each cracker 2 or 3 times with the tines of a fork.

I find that pricking the dough once it is rolled out, and before cutting the biscuits, is a lot easier. I simply prick the dough in diagonal lines, kind of like this /// so that there is about the equivalent of three pricks per biscuit.

Bake for 60 to 70 minutes, or until the crackers are thoroughly dry.

Cool on a rack. These crackers should be hard. If necessary, put them back in the oven for a few extra minutes. Yield: 10-15.

Overnight Teething Biscuits

Ingredients:

2 eggs
1 cup sugar (white or brown)
2 to 2 1/2 cups flour (white, whole wheat, or a combination)

Directions:

Break eggs into bowl and stir until creamy.

Add sugar and continue to stir.

Gradually add enough flour to make a stiff dough.

Roll out between two sheets of lightly floured wax paper to about 3/4" thickness.

Cut into round shapes.

Place on a lightly greased cookie sheet.

Let stand overnight (10-12 hours).

Bake at 325°F (165°C) until browned and hard.

This will make about twelve durable and almost crumb-free teething biscuits.

Nutritious Teething Biscuits

Ingredients:

1 beaten egg yolk
3 Tbsp maple syrup or molasses
1 tsp vanilla
1 1/2 Tbsp oil
1/4 cup milk
1 Tbsp uncooked oatmeal
1 cup flour (white, wheat or combo)
1 Tbsp soy flour
1 Tbsp wheat germ
1 Tbsp nonfat dry milk.

Directions:

Blend wet ingredients, add dry ingredients.

Dough will be stiff.

Roll dough thin and cut into strips or desired shapes.

Bake at 350°F (175°C) for 15 minutes on un-greased cookie sheet.

They can be made without the last 3 ingredients, but they add to the nutritional value.

Anise Toast

Ingredients:

1 lb flour (4 cups)

1 cup sugar

2 Tbsp baking powder

6 eggs

1 tsp anise extract

1/3 cup margarine or butter

Directions:

Sift together flour, sugar and baking powder; mix well.

Cut in margarine and blend together with dry ingredients; set aside.

Mix eggs with anise; blend until foamy. Combine egg mixture with margarine and dry ingredients.

Mix well.

Form into 2 logs.

Refrigerate about 60 minutes.

Remove from refrigerator and slice into strips, no wider than the size of your index finger.

Place on greased cookie sheet.

Cook in 350°F (175°C) oven; 5 minutes per side.

Cookies to Cut Your Teeth On

Ingredients:

1 egg yolk, beaten

2 Tbsp blackstrap molasses

2 Tbsp vegetable oil

1 tsp vanilla extract

3/4 cup whole wheat pastry flour

1 Tbsp soy flour

1 Tbsp wheat germ

1 Tbsp dry milk

Directions:

In food processor, blender, or mixing bowl, blend the egg yolk, molasses, oil and vanilla.

Preheat oven to 350°F (175°C).

Combine the flours, wheat germ, and milk powder, and add them to the egg mixture to make a dough.

Roll the dough out on a lightly floured surface. Place the dough on a cookie sheet lined with parchment paper. Cut the dough into rectangles no bigger than a baby's finger. Bake for 8 to 10 minutes. Cool on a wire rack.

Ossi Dei Morti

"In Italian, these cookies are called "Ossi Dei Morti" or bones of the dead. They are hard cookies, but they are used for teething babies. Adults like to dip them in cappuccino."

Ingredients:

3 eggs
2 cups confectioners' sugar
2 cups all-purpose flour
1 teaspoon baking powder

Directions:

In a medium bowl, whip the eggs and sugar with an electric mixer at high speed. Mix for 6 to 10 minutes, until mixture is thick and pale. Combine the flour and baking powder together. Gradually add the flour to the egg mixture. If the dough is still sticky, you can add more flour.

On a lightly floured surface, roll the dough into long log shapes, about 1 1/2 inches in diameter, and as long as your cookie sheet. Cover with a clean towel, and let them sit out overnight.

Preheat oven to 375 degrees F (190 degrees C). Remove the rolls of dough from the cookie sheets and place them on a lightly floured surface. Cut into 1 1/2 inch long pieces. And return them to the baking sheets.

Bake for 15 to 20 minutes in the preheated oven, until they are a light brown. Remove from baking sheets to cool on wire racks. These cookies can be stored for a month in an airtight container.
Makes 2 dozen

Fanny Farmer's Teething Biscuits

From the Fanny Farmer Baking Book and on the web at

Ingredients:

1 egg 1 tablespoon honey 2 tablespoons sugar
1/4 teaspoon salt
1 tablespoon soy flour 1 tablespoon wheat germ
1 tablespoon instant nonfat dry milk

About 1 cup whole-wheat flour

Directions:

Preheat the oven to 350°F (175°C)

Use un-greased cookie sheets.

Put the egg in a large mixing bowl and beat well. Add the honey and sugar and blend. Add the salt, soy flour, wheat germ, dry milk, and whole-wheat flour and mix thoroughly.

Dust a working surface and your rolling pin with whole-wheat flour, and have some extra handy. Roll the dough into a rectangle about 9 by 12-inches, and about 1/4 inch thick. Sprinkle the dough with a little whole-wheat flour if it is sticky, lifting and moving the dough as you are rolling it out so it won't stick to the surface. Trim the edges neatly and cut the dough into strips 1 inch wide by 2 inches long. Place the biscuits on the cookie sheets about 1/2 inch apart.

Bake for 7 minutes or until colored on the bottom. Turn them over, using a spatula, and continue to bake for about 4 more minutes. Remove from the oven and cool on racks. Store in an airtight container or wrap well and freeze. makes about forty five 1 x 2 1/2-inch biscuits

Inexpensive Teething Crackers

Ingredients:

about 1/2 cup brown rice flour

about 1/2 cup whole barley flour

1/2 teaspoon of blackstrap molasses

water

Directions:

Mix brown rice flour and whole barley flour.

Add blackstrap molasses.

Add enough water to make into a paste/dough

Blop onto cookie sheet or into the bottom of muffin tins and shape into 1/4 to 1/8 inch thick discs. Bake at 250°F (120°C) for about 2 hours for a rock hard cookie.

Bake for a shorter period for a slightly chewy cookie.



Making your babies first juice is the easiest thing in the world. And the best thing for them as well. Remember one thing, you brought them into the world and its your job to give them a healthy start. After that its up to them to keep to the good habits you set up for them.

Step one here. BUY a JUICER. Black and Decker and Hamilton beach both have a decent one. The cost is about \$29.00 to \$35.00. But you will save 100 times that is the long run.

Consider this cost.

Orange juice. To buy a bag of Oranges, \$1.50. Juice this up and you have approximately 5 cups or 40 ounces. Now add 24 ounces of water to dilute the strength for your baby and you have a gallon of juice. 64 ounces.

If you buy your juice its going to cost you .85 a jar for 2 ounces.

That's a cost to you of \$27.20 for the same bag that cost you \$1.50.

Now again you have saved \$25.70 for a month of juices.

Add that to your vegetables and you have saved \$175.00 that month alone in food. Your baby is eating better, and you know what is in their food. You made it. Here then are some delicious fruit drinks for your baby.

APPLE JUICE

1 bag of Apples.
Or 3 Red Delicious, 3 Granny Smith, and 3 Annas.
24 ounces or 3 cups bottled water.
Juice of 1 small lemon (1 teaspoon)

Wash the apples clean. Remove any brown spots. Core and remove seeds. Now process your apples through the juicer . After juicing add water and juice of 1 lemon. Run thru a cheesecloth to remove excess pulp. Freeze in Ice cube trays or can in bottles.

Make sure to wash and heat jars that juice will be placed in. Refrigerate for no more than 30 days.

Now if you don't have a juicer, then try this method.

Steam apples til tender, and process in food processor until smooth. Add water and process some more. Run through cheesecloth and add to bottles.

APPLE PEAR JUICE

4 Apples. Red delicious, Granny Smith, Anna is a nice blend
4 Pears
3 cups water
Juice of 1 small lemon (1 teaspoon)

Clean wash and seed the Apples and Pears. Run through the juicer and add the water. Run through cheesecloth and bottle.

Yield is about 48 ounces or 6 cups of juice.

BANANA APPLE JUICE

3 very RIPE Bananas. (The riper the Banana, the easier on the tummy of baby.)
4 Large Apples. Red delicious, Granny Smith, Anna.
1 juice small lemon juice (1 teaspoon)
4 cups water

Process through juicer and then add water and lemon and run through cheesecloth. Bottle up.
Yields 40 ounces or 5 cups of juice.

ORANGE JUICE

1 bag of Naval Oranges. (Low acid level and sweeter)
4 cups bottled water

Process bag through juicer, add water and run through cheesecloth.
This will remove all the pulp, and leave a nice orange juice for baby.
Yields 64 ounces or 1 gallon.

Food Source List

Please note that Cece's Cosmic Café has no affiliation with any businesses or enterprises featured and makes no representations, either expressed or implied, as to the goods, services, creditworthiness and/or financial standing of those businesses.

Apple

Locust Grove Farms
Milton, NY
(845) 795-5194

Breezy Hill Orchard
200 Centre Rd. Shatsburg, NY 12580
(845) 266-3979

Old Drovers Inn
Old Route 22 Dover Plains, NY 12522
(845) 832-9311

La Flambee
67 Rue des Anne-Enfants
22700 Perros-Guirec
011-33-2-96-01-10

Le Pommier
38-40 Rue Des Cuisiniers
Bayeaux, France
011-33-2-31-21-52-10

Hassler Hotel
Piazza Trinita Dei Monti, 6
00187 Rome
06-69-93-340

Gramercy Tavern
42 East 20th St. New York, NY 10003
(212) 477-0777

Saffron 59
59 4th Ave. New York, NY 10003
(212) 253-1343
<http://www.saffron59.com>

Union Square Farmer's Market
Union Square
New York, NY

Artichoke

Pezzini Farms
Nashua Rd. & Hwy. 1
P.O. 1276
Castroville, CA 95012
(800) 347-6118
<http://www.pezzinifarms.com>

Asia de Cuba at Clift Hotel
495 Geary St.
San Francisco, CA 94102
(415) 929-2300
<http://www.clifthotel.com>

The Old Drovers Inn
Old Route 22 P.O. Box 100
Dover Plains, NY 12522
(845) 832-9311
<http://www.olddroversinn.com>

Rubicon
558 Sacramento St. San Francisco, CA 94111
(415) 434-4100

Mecca
2029 Market Street San Francisco, CA 94114
(415) 621-7000

Sonoma Mission Inn
18300 Highway 12 Sonoma, CA 95416
(800) 862-4945

<http://www.sonomamissioninn.com>

Newton Vineyard
2555 Madrona Ave. St. Helena, CA 94574
(707) 963-9000

Whole Foods
1765 California St. San Francisco, CA 94109
(415) 674-0500 <http://www.wholefoods.com>

California Artichoke Advisory Board
P.O. Box 747 10719 Merritt St.
Castroville, CA 95012
(831) 633-4411 <http://www.artichokes.org>

Avocado

Asia de Cuba at Clift Hotel
495 Geary St.
San Francisco, CA 94102
(415) 929-2300 <http://www.clifthotel.com>
Atlantis Resort
Paradise Island, Bahamas
(888) 528-7155
(242) 363-3000

Saffron 59
59 Fourth Ave. New York, NY 10003
(212) 253-1343
<http://www.saffron59.com>

California Avocado Commission 1251 E. Dyer Rd.
Santa Ana, CA 92705
(714) 558-6761

The Caribbean Agricultural Information Service
P.O. Bag 212
The University of the West Indies
St. Augustine, Campus
Trinidad, W.I.
(868) 645-1205

Friedas
(714) 826-6100
(800) 241-1771
<http://www.friedas.com>

Terminal Produce
(718) 542-2944

S. Katzman Produce
(718) 991-4700

Dorel Produce

(718) 893-5410

Mendez International Tropical Fruits
(718) 893-0100

Balsamic Vinegar

Becco
355 W. 46th St. New York, NY 10036-3810
(212) 397-7597

Felidia
243 E. 58th St. New York, NY 10022-1201
(212) 758-1479

Dean & DeLuca
560 Broadway New York, NY
(212) 226-6800
<http://www.deandeluca.com>

Acetaia del Cristo (vinegar maker)
Via Badia, 41
Fraz. San Lorenzo
41030 San Prospero
Modena, Italy
+39-059-33-0383
<http://www.acetaiadelcristo.it>

Rustichelli & Piccini (deli)
Via Emilia est, 417
Modena, Italy
+39-059-36-01-19

Consorzio di Aceto Balsamico Tradizionale di Modena
Via Ganaceto, 134
411000 Modena
+39-59-23-69-81
<http://www.balsamico.it>

Osteria Franciscana
Via Stella, 22
Modena, Italy
+39-059-210118

DeMedici Imports
(845) 651-4400
<http://www.DeMedici.com>

Beer

Labatt USA
(800) 268-BEER

<http://www.labatt.com>

Markt Restaurant
401 W. 14th St., New York, NY 10014
(212) 727-3314

Maxim's Bar
Grand Place 28
1000 Brussels
Brussels, Belgium
(011) 322-511-17-81

't Kelderke
Grand Place 15 Brussels, Belgium
(011) 322-513-73-44

't Hommelhof
Watouplein 12
Belgium, 8928 Watou (011) 057-38-8024

Bread

Cook Natural Products
A Specialty/Organic Flour Producer
2901 Frederick St. Oakland, CA 94606
(800) 537-7589
<http://www.cooknaturally.com>

March
405 E. 58th St. New York, NY 10022
(212) 754-6272

Acme Bread
1601 San Pablo Avenue Berkeley, CA 94702
(510) 524-1021

Guisto Vita-Grain Mill
344 Littlefield Ave.
South San Francisco, CA 94080
(650) 873-6566

Lionel Poilane
8, rue du Cherche Midi
75006 Paris, France
011-33-01 44 39 26 50
<http://www.poilane.fr>

Vintner's Inn

4350 Barnes Rd. Santa Rosa, CA 95403
(800) 421-2584
(707) 575-7350

Della Fattoria
1159 Skillman Lane
Petaluma, CA, 94952
(707) 762-1722

Amy's Bread
672 Ninth Avenue New York, NY 10036
(212) 977-2670

John's Pizzeria:
48 W. 65th St. New York, NY
(212) 721-7001

Butter

Isigny Sainte-Mere Butter
2 rue du Dr. Boutrois
Baie des Veys
14230 Isigny Sur-Mere
011 33 2 31 51 33 10
<http://www.isigny-ste-mere.com/english>

Dean & Deluca
<http://www.deandeluca.com>

L'Auberge de l'Ouve
Village Longurec
50360 Les moitiers en Bauplois
011 33 2 33 21 16 26

Chateau de Sully
Route de Port-en-Bessin
14400 Sully
011 33 2 31 22 29 48

Korova
33 rue Marbeuf
Paris, France
011 33 1 53 89 93 93

Restaurant Jules Verne
Eiffel Tower
Champ de Mars
011 33 1 45 55 61 44

Le Pommier
40 rue des Cuisiniers
14400 Bayeux
011 33 2 31 21 52 10

Restaurant Daniel
60 E. 65th St. New York, NY 10021
(212) 288-0033
<http://www.danielnyc.com>

Vermont Butter & Cheese Co.
<http://www.vtbutterandcheeseco.com>

Camembert

Marie-Anne Cantin
12 rue de Champs de Mars
75007 Paris, France
011 33 1 45 50 43 94
<http://www.cantin.fr>

Barthemely
51 rue de Grenelle, 7
Paris, France
011 33 1 45 48 56 75

Dean & DeLuca
560 Broadway New York, NY 10012
(212) 226-6800 (877) 826-9246 <http://www.deandeluca.com>

La Camembertiere
61120 Camembert
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(212) 725-8585

American Orient Express
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<http://www.americanorientexpress.com>

Ferme de la Heronniere
61120 Camembert
011 33 2 33 39 08 08
<http://www.camembert-france.com>

Domaine de Saint Loup
Cambremer
011 33 2 31 63 04 04

Syndicate Normand des Fabricants de Camembert
82 Rue de Bernieres
14000 Caen
011 33 2 31 85 50 93

Chocolate

Scharffen-Berger Chocolate
www.scharffen-berger.com

Confections by Michael Recchiuti
www.recchiutichocolates.com

Payard Patisserie and Bistro
1732 Lexington Ave. New York, NY 10021
(877) 9-PAYARD
www.payard.com

La Maison du Chocolat
1018 Madison Avenue New York, NY
(800) 988-5632
www.lamaisonduchocolat.com

Tentation Caterers
(212) 353-0070

Chile Pepper

Tierra Vegetables
13684 Chalk Hill Road Healdsburg, CA 95448
(707) 837-8366
(888) 7TIERRA
<http://www.tierravegetables.com>

Heartbeat
W Hotel 541 Lexington Ave. New York, NY 10022
(212) 407-2900

Hotel Del Coronado
1500 Orange Avenue Coronado, CA 92110
(619) 522-8041
<http://www.hoteldel.com>

Mecca Restaurant
2029 Market St. San Francisco, CA
(415) 621-7000
<http://www.sfmecca.com>

March
405 E. 58th St. New York, NY 10022
(212) 754-6272

Asia de Cuba at Clift Hotel
495 Geary St. San Francisco, CA 94102
(415) 929-2300
<http://www.clifthotel.com>

Ocean Club
Paradise Island, Bahamas
(242) 363-2501
(888) 528-7157
<http://www.oceanclub.com>

Coffee

Cafe Illy
Via Delle Torri
Trieste, Italy

Illy
Via Flavia, 110
Trieste, Italy
+39 (0)40-389-0111
<http://www.illy.com>

Felidia
243 E. 58th St. New York, NY 10022-1201
(212) 758-1479

Palazzo Sasso Hotel
Via San Giovanni del Toro, 28
84010 Ravello (Salerno), Italy
+39(0) 89-818181
<http://www.palazzosasso.com>

Tarbell's Restaurant
3131 E. Camelback Road
Phoenix, AZ 85016
(602) 955-8100
<http://www.tarbells.com>

Gramercy Tavern
42 East 20th St. New York, NY 10003
(212) 477-0777

Mark Hotel
25 East 77th St. New York, NY
(212) 879-1864

Park Avenue Cafe
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(212) 644-1900

Corn

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(619) 435-6611
<http://www.hoteldel.com>

Old Drovers Inn
Old Route 22 Dover Plains, NY 12522
(845) 832-9311
<http://www.olddroversinn.com>

Mohonk Mountain House
1000 Mountain Rest Road New Paltz, NY 12561
(800) 772-6646 (845) 256-1000
<http://www.mohonk.com>
Sonoma Mission Inn
18300 Highway 12 Sonoma, CA 95416
(800) 862-4945
<http://www.sonomamissioninn.com>

Hassler Hotel Restaurant Trinita' dei Monti
Piazza Trinita dei Monti, 6 00187 Roma, Italy
+39-06-69-93-40 <http://www.co.ulster.ny.us/guide/Farmmarkets.html>

Dijon Mustard

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<http://www.maille.com>
<http://www.amora-maille.fr>

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75008, Paris
(33) 1 40-15 06 00

Maille Boutique Dijon
32, rue de la Liberte
21000, Dijon
(33) 3 80 30 41 02

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<http://www.moutarde.com>

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(707) 253-2222

Le Grand VeFour
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(33) 1 42 96 56 27

Holiday Inn Garden Court Dijon
1 place Marie de Bourgogne
21000, Dijon
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La Coupole
102, Blvd. du Montparnasse
75014, Paris
(33) 0 43 20 14 20

Aureole
34 E. 61st St. New York, NY 10021
(212) 319-1660

Mount Horeb Mustard Museum
P.O. Box 468 100 West Main St.
Mount Horeb, WI 53572
(800) 438-6878

Dean & DeLuca
(877) 826-9246
<http://www.deandeluca.com>

Gourmet Garage
<http://www.gourmetgarage.com>

Egg

Becco
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(212) 397-7597

The Strand Savoy Hotel
London WC2R OEU, England
011-44-(0)20-7836-4343

Mecca Restaurant
2029 Market St. San Francisco, CA
(415) 621-7000
<http://www.sfmecca.com>

Restaurant Jules Verne

Eiffel Tower
Champ de Mars
011 33 1 45 55 61 44

Hotel Ritz Paris
15, place Vendome
75041 Paris Cedex 01
011-33-1-43-30-71/71/72
<http://www.ritzparis.com>

Petaluma Farms
700 Cavanaugh Lane Petaluma, CA 94952
(707) 763-0921

Newton Vineyard
2555 Madrona Ave. Saint Helena, CA 94574
(707) 963-9000

Sonoma Mission Inn & Spa
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800-862-4945 707-938-9000
<http://www.sonomamissioninn.com>

Product Info:
<http://www.judysfarm.com>
<http://www.ferryplazafarmersmarket.com>

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New York, NY 10036
(212) 564-7272

Beau's Seafood
9 Fish Pier #11
Boston, MA 02210
(617) 443-0202

E. Frank Hopkins Company
3427 S. Lawrence Street
Philadelphia, PA 19148
(215) 468-9190

Genuardi Family Markets
St. Davids Sq. Shopping Center
550 East Lancaster Ave.
St. Davids, PA 19087
(610) 989-0781 <http://www.genuardis.com>

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San Francisco, CA 94102
(415) 929-2300 <http://www.clifthotel.com>

Folderol II
Route 284 Westtown, NY 10998
(845) 726-3822

Heartbeat
W Hotel 541 Lexington Ave.
New York, NY 10022
(212) 407-2900

Old Drovers Inn
Old Route 22 Dover Plains, NY 12522
(845) 832-9311
<http://www.olddroversinn.com>

Sonoma Mission Inn
18300 Highway 12 Sonoma, CA 95416
(800) 862-4945 <http://www.sonomamissioninn.com>

Newton Vineyard
2555 Madrona Ave. St. Helena, CA 94574
(707) 963-9000

Honey

Marshall's Farm Honey
(707) 556-8088
<http://www.MarshallsHoney.com>

Hotel Del Coronado
1500 Orange Avenue Coronado, CA 92118
(800) HOTELDEL
(619) 435-6611 <http://www.hoteldel.com>

Old Drovers Inn
Old Route 22 Dover Plains, NY 12522
(845) 832-9311 <http://www.olddroversinn.com>

National Honey Board
390 Lashley St. Longmont, CO 80501
(303) 776-2337 (800) 553-7162
<http://www.nhb.org> <http://www.honey.com>

Lady & Sons
311 W. COngress St. Savannah, GA 31401
(912) 233-2600

The Gastonian
220 East Gaston St. Savannah, GA 31401
(912) 232-2869

Hot Sauce

Cholula Plant
Zaragoza no. 389
Apartado Postal No. 36
Chapala, Jalisco
52-765-23-51

La Palapa Restaurant
Pulpito 105
Col. Emiliano Zapata
Puerta Vallarta 48380
Mexico
011-52-322-222-5225

Cafe des Artistes
Gpe. Sanchez 740
Puerto Vallarta Mexico
011-52-322-222-3228

Guastavino's
409 East 59th St. New York, NY 10022
(212) 980-2455 <http://www.guastavinos.com>

Biltmore Hotel
1200 Anastasia Avenue Coral Gables, FL 33134
(305) 445-1926 <http://www.biltmorehotel.com>

Sushi Samba
600 Lincoln Road Miami Beach, FL 33139
<http://www.sushisamba.com>

Loews Miami Beach Hotel
1601 Collins Avenue Miami Beach, FL 33139
(305) 604-1601
<http://www.loewshotels.com>

Key Lime

La Palapa Restaurant
Pulpito 103
Playa los Muertos
Puerta Vallarta 48380
011-52-322-25225

Four Seasons Palm Beach
2800 South Ocean Boulevard Palm Beach, FL 33480
(561) 582-2800

Sushi Samba
600 Lincoln Road Miami, FL 33139
(305) 673-5337

Everglades Safari Park
26700 SW 8th St. Miami, FL 33125
(305) 226-6923

Steve's Authentic Key Lime Pies
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Lemon

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(242) 363-2501 (888) 528-7157
<http://www.oceanclub.com>

Palazzo Sasso Hotel
Via San Giovanni del Toro, 28
84010 Ravello (Salerno), Italy
+39(0) 89-818181 <http://www.palazzosasso.com>

Don Alfonso, 1890
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Italy
+39(0) 81-878-0026

DropBooks

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Via Mortora S. Liborio, 126 (NA)
Italy
+39(0) 81-7506112 <http://www.villamassa.com>

Rustichella d'Abruzzo (pasta)
P.zza vestini
20 Pianella, Italy
+39(0) 85-971308 <http://www.rustichella.it>

Baker's Catalogue
<http://www.bakerscatalogue.com>

Lobster

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15, place Vendome
75041 Paris Cedex 01
011-33-1-43-30-71/71/72
<http://www.ritzparis.com>

Ecole Ritz Escoffier
Hotel Ritz
15, place Vendome
75041 Paris Cedex 01
011-33-1-43-16-30-50
(888) 801-1126 <http://www.ritzparis.com>

Les Grandes Marches
12 place de la Bastille
75012 Paris
011-33-1-43-42-90-32

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Browne Trading Company
<http://www.brownetrading.com>

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011 33 2 41 51 70 30

Les Caves de la Genevraie at Rochemenier
13 Rue du Musee
49700 Louresse

011 33 2 41 59 34 22

La Cave Saint-Maur 1
rue du Chateau
Sanziers
F-49260 Le Puy-Notre Dame
011 33 2 41 52 26 84

Marche Aux Delices
(888) 547-5471 <http://www.auxdelices.com>

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17 rue de Beaujolais
Palais-Royal Sq. Paris
01-42-86-80-71

Restaurant Daniel
60 E. 65th St. New York, NY 10021
(212) 288-0033

Brasserie Flo
7 cour des Petites Ecuries
75010 Paris France
01-47-70-13-59

March Restaurant
405 E. 58th St. New York, NY 10022
(212) 754-6272

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<http://www.stopandshop.com>

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49250 Beaufort-en-Vallée
France 00 33 24 14 47 705

Olive Oil

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(212) 974-8102

The Village Market
12 King St. Chappaqua, NY 10514
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il Buco
47 Bond St. New York, NY 10012
(212) 533-1932

Libretti's Restaurant
554 Nassau St. Orange, NJ 07050

(973) 673-5155

Oranges

Florida Department of Citrus
P.O. Box 148 Lakeland, FL 33802
(863) 499-2500

Florida Culinary Institute
2410 Metrocentre Blvd. West Palm Beach, FL 33407
(561) 688-2001
(800) TOP-CHEF

Callery-Judge Grove
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(800) 967-2643
<http://www.cjgrove.com>

Cafe des Artistes
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Puerto Vallarta Mexico
011-52-322-222-3228

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(415) 434-4100

L'Orange Bleue
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(212) 226-4999

Potato

Churchill Mountain Farm
RR1, Box 226 Stamford, NY 12167
(607) 538-9778

Catskill Family Farms
<http://www.catskillfarms.com>

Idaho Potato Commission
(208) 334-2350 <http://www.famouspotatoes.org>

Ocean Club Resort
Ocean Drive, Paradise Island Bahamas
(800) 321-3000 (242) 363-2501
<http://www.oceanclub.com>

Sonoma Mission Spa
18300 Highway 12 P.O. Box 1447
Sonoma, CA 95476

(707) 938-9000 (800) 862-4945

Aureole

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(212) 319-1660

River Restaurant

Savoy Hotel Strand, London
England WC2R 0EU
+44 (0)20 7420 2698

Don Alfonso, 1890

Corso S. Agata 11 c
80064 Sant'Agata sui 2 Golfi (NA)
Italy
+39(0) 81-878-0026

Pomme Frites

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(212) 674-1234

Terra Chips

<http://www.terrachips.com>

Baldor Specialty Food, Inc.

511 Barry St. Bronx, NY 10474

Pasta

Becco

355 W. 46th St. New York, NY 10036-3810
(212) 397-7597

Felidia

243 E. 58th St. New York, NY 10022-1201
(212) 758-1479 <http://www.lidiasitaly.com>

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P.zza vestini

20 Pianella, Italy

+39(0) 85-971308 <http://www.rustichella.it>

Parco dei Principi

Strada Provinciale, 320

San Silvestro, Italy +39-085-4980-073

John Ash & Co. Restaurant Vintner's Inn

4350 Barnes Road Santa Rosa, CA 95403
(707) 575-7350

The Strand

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Red, White & Blue Potato

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(607) 538-9778

Catskill Family Farms
<http://www.catskillfarms.com>

Idaho Potato Commission
(208) 334-2350 <http://www.famouspotatoes.org>

Ocean Club Resort
Ocean Drive, Paradise Island
Bahamas
(800) 321-3000 (242) 363-2501
<http://www.oceanclub.com>

Sonoma Mission Spa
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(707) 938-9000 (800) 862-4945

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34 E. 61st St. New York, NY 10021
(212) 319-1660

Pomme Frites
123 2nd Ave. New York, NY 10003
(212) 674-1234

Baldor Specialty Food, Inc.
511 Barry St. Bronx, NY 10474

Sugar

Florida Culinary Institute
2410 Metrocentre Blvd. West Palm Beach, FL 33407
(561) 688-2001 (800) TOP-CHEF

Florida Crystals Food Corp.
P.O. Box 4671 West Palm Beach, FL 33402
(800) 558-8836 <http://www.floridacrystals.com>

Tomato

Castillo de Giove

Giove, Italy
011-44-7-44-995-522

Banscher Farms
426 Democrat Rd. Gibbstown, NJ
(865) 423-3404

Lucky's Real Tomatoes
29 Meserole Ave. Brooklyn, NY 11222
(718) 383-2580 <http://www.luckytomatoes.com>

Felidia
243 E. 58th St. New York, NY 10022-1201
(212) 758-1479

Monkey Bar
60 E. 54th St. New York, NY 10022
(212) 838-2600

Mecca Restaurant
2029 Market St. San Francisco, CA
(415) 621-7000 <http://www.sfmecca.com>

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Equivalent Chart	
• 3 tsp.	1 Tbsp.
2 Tbsp.	1/8 Cup
4 Tbsp.	1/4 Cup
8 Tbsp.	1/2 Cup
16 Tbsp.	1 Cup
5 Tbsp. + 1 tsp.	1/3 Cup
12 Tbsp.	3/4 Cup

4 Oz.	1/2 Cup
8 Oz.	1 Cup
16 Oz.	1 Pound
1 Oz.	2 Tbsp. fat or liquid
2 Cups	1 Pint
2 Pt.	1 Quart
1 Qt.	4 Cups
8 Qt.	1 Peck
10 2/3 Tbsp.	2/3 Cup
3 3/4 Cups unsifted whole-wheat flour	1 Pound
4 Cups sifted all purpose flour	1 Pound
4 1/2 Cups sifted cake flour	1 Pound
1 Medium lemon	3 Tbsp. juice
5-8 Medium lemons	1 Cup juice
1 Medium apple chopped	1 Cup
1 Medium orange	1/3 Cup juice
3-4 Oranges	1 Cup juice
2 Cups sugar	1 Pound
3 1/2 Cups powdered sugar	1 Pound
2 1/2 Cups brown sugar	1 Pound
7 Ounce uncooked spaghetti	4 Cups cooked
1 Cup uncooked long-grain rice	3-4 Cups cooked
14 Square graham crackers	1 Cup crumbs
22 Vanilla Wafers	1 Cup crumbs
4 Slices bread	1 Cup crumbs
28 Saltine crackers	1 Cup crumbs
8-10 Egg whites	1 Cup
1 Egg	4 Tbsp. liquid
10-12 Egg yolks	1 Cup

1 Cup Whipping cream	2 Cups whipped
1 Cup Evaporated milk	3 Cups whipped
5 Cups grated American cheese	1 Pound
15 Ounce package seeded raisins	3 1/2 Cups
15 Ounce package seedless raisins	3 Cups
4-5 Whole eggs	1 Cup

DropBooks

Molding Chocolate Candy

Some Basic Guidelines:
<u>1. Water and chocolate are NOT friends.</u>
Chocolate is an oil based vegetable. Moisture, like water or steam can cause it to have a dull, unappetizing finish, and may thicken it so it will not pour and mold/handle properly.
<u>2. Too much heat spells "The End Of The Road" for chocolate.</u>
Chocolate melts between 98° to 100° F. This is very easy to remember because it just so happens that your body temperature is normally 98.6°, which means if you hold chocolate in your hands it will melt! Chocolate can't stand to be boiled any more than you can. So, for example, NEVER use a pot of boiling water to set it in. Avoid over heating chocolate like the plague.

<u>3. Like friendship, when treated with care chocolate will last and last and last.</u>
This means that you can store it for long periods of time and reuse it (melt/remelt) many times over.
<u>4. How much chocolate to start with?</u>
You <i>will</i> become an expert very fast, but here's a quick guide: An average lollipop uses 1 ounce. A bite sized mold uses 1/2 ounce. Therefore, since 16 ounces = 1 pound [which we <i>know</i> you remembered ! :-)] you will get about 16 lollipops, or 32 bite size candies from a pound of chocolate. One of our standard size molds [all the cavities being used] will require about 1/3 to 1/2 pound. Best all around bet?? Start with 1 pound. Remember..... it will not be wasted!
<u>5. Use microwave and freezer safe containers</u>
for chocolate melting and handling. All such containers should be smooth, flexible plastic, and always be dry. You'll not only get nice looking candy, but the clean up will be a snap [literally].

Making molded chocolate candy:
<u>1. Melting in a Microwave (recommended):</u>
Put 1 lb. of chocolate in a bowl. Microwave on half power for 1 minute, then stir [it will not be all melted at this point]. Do it again. Repeat the process until the chocolate is mixed well. When ready to use it will pour from a spoon like syrup. Remember don't overcook your chocolate.
<u>2. Melting in a Double Boiler:</u>
Put 1 lb. of chocolate in a bowl/pan & set in the outer pan that has the water in it. Heat on the LOW position (<i>do not</i> bring water to a boil), and stir as it starts to melt. This will take around 15 minutes, so you need to be patient.
<u>3. Fill Molds:</u>
Either spoon it into the mold cavities, or gently squeeze the chocolate out using a squeeze bottle [this is definitely the easiest]. Then hold both sides of the mold and tap it lightly on the table top. This will level out the chocolate and remove any air bubbles. If you are making lollipops, now insert the lollipop sticks into the mold, and with your finger "roll" the stick in it's mold position. This will coat the stick all the way around with chocolate so the lollipop will not fall off when being eaten.
<u>4. Cool the chocolate:</u>
Put the filled mold into the freezer (on a flat surface). Small candies or bite size items will be ready to remove in about 5 minutes; standard larger pieces in about 10. Leaving it in the freezer longer than necessary is no problem at all (<i>better too long than not enough!</i>). If you must, you can use the refrigerator instead of the freezer. However, using a freezer "quick cools" the chocolate and has the advantages of making it easier to remove the chocolate from the mold (see step 5 below) and gives a better, shiny surface finish. Also, if you cool in a refrigerator it will take about 3 times longer to cool sufficiently.
<u>5. Remove molded candy from mold:</u>
When you take the mold out of the freezer turn it upside down and gently tap it on the table. The candy should drop right out. This is usually all that you will need (you might have to gently tap you

finger on the back of the cavity itself if the candy doesn't drop out right away). With chocolate that was cooled in the refrigerator you may need to push the candy from the mold.

6. Clean up tips:

Clean molds in soapy water, rinse thoroughly and dry. Molds are NOT dishwasher safe! Remove excess chocolate from the containers and squeeze bottles while still melted, then set containers in freezer until the chocolate is hard. Flexible containers/squeeze bottles can then be taken out of the freezer and simply flexed.....chocolate will separate cleanly.

7. Save unused chocolate:

Store in a cool dry place, NOT in the refrigerator. Remember you can "reuse" chocolate literally hundreds of times! [but of course it won't last that long because everyone will be "in line" to enjoy your masterpieces!!] Have fun!!

~~~ HOLLOW CHOCOLATE CANDY MOLDING ~~~

1. Select & prepare matching mold halves (ie: Front & Back, or Left & Right)

Depending on the candy size there may be one or multiple (duplicate) cavities in the molds. The individual mold cavity pieces need to be removed from the mold. With scissors, cut the pieces out of the mold leaving ½" to 1" of flat surface all around the perimeter of the mold halves.

2. Melt & Pour one half/side

Take either one of the matching mold pieces and fill completely with chocolate [flush to the edge].

3. Assemble mold halves

While the chocolate in the first piece is still liquid, place the opposite (matching) piece so the halves line up together. With binder clips clamp the two halves together. Use a sufficient number of clips so the flat surfaces of the mold halves are in secure contact with each other all the way around. A good guide to follow is to maintain the space between clips to be no more than the width of the clip itself.

4. Finish making the hollow mold, and cool

Invert (turn over) the assembled and clamped mold and shake, distributing the chocolate evenly around the surface of both halves. Place the clamped mold in the freezer.....after it partially sets, invert & shake the assembled mold to assure even distribution of chocolate (until it solidifies the chocolate will tend to collect at the bottom).....and return it to the freezer. A small mold will use around 1 ounce of chocolate, and a large one up to 1 pound. Cooling times vary both with the volume of chocolate and the shape of the mold. As a rough guide line=> Small molds: 10 minutes total cooling Large molds: 25 minutes total cooling. You would invert the molds & return them to the freezer after roughly 3 minutes (small mold) or for 5 to 6 minutes (large mold). Until you develop enough experience on your own, it is better to invert and shake "too early" rather than "too late".

5. Remove candy and touch up if needed

When the chocolate is completely solidified, remove the clips & mold pieces. A good guide line is this: The chocolate is ready for removal when the surface (between the chocolate and the mold itself) appear cloudy Chocolate will shrink slightly when it solidifies, the cloudy appearance is due to air between the chocolate and the mold surface. When properly cooled the candy will easily "pop out" from the mold. Simply remove one half of the mold, then turn the candy upside down and tap the mold. The candy will fall out easily into your hands. If you are in doubt as to whether the candy is fully hardened, leave it in the freezer a little longer. If there is excess "flash" (a feathered ridge of chocolate along the seam of the matching halves) just remove it with a small paring knife to give a nice finished look to your candy.

~~~ SOLID CHOCOLATE CANDY MOLDING ~~~

1. Select & prepare matching mold halves (ie: Front & Back, or Left & Right)

Depending on the candy size there may be one or multiple (duplicate) cavities in the molds. The individual mold cavity pieces need to be removed from the mold. With scissors, cut the pieces out of the mold leaving ½" to 1" of flat surface all around the perimeter of the mold halves. At the bottom of the mold [the bottom surface that will sit on the table or plate] remove "all" of the flat surface and then cut away a semi-circle, from the bottom surface, on EACH matching mold half. This way, when you assemble the 2 halves, there will be a circular cut on the bottom, through which you can pour chocolate to fill the mold.

2. Assemble mold halves

Line up the edges of the two opposite (matching) mold pieces so the halves match. With binder clips clamp the two halves together. Use a sufficient number of clips so the flat surfaces of the mold halves are in secure contact with each other all the way around. A good guide to follow is to maintain the space between clips to be no more than the width of the clip itself.

3. Fill mold and cool

Invert the clamped mold and fill completely with melted chocolate. Place clamped mold assembly into the freezer until the chocolate solidifies. As a rough guide, for small molds (about 1 ounce) wait about 20 minutes; large molds (about 1 pound), 45 minutes.

4. Remove candy and touch up if needed

When the chocolate is completely solidified, remove the clips & mold pieces. A good guide line is this: The chocolate is ready for removal when the surface (between the chocolate and the mold itself) appear cloudy. Chocolate will shrink slightly when it solidifies, the cloudy appearance is due to air between the chocolate and the mold surface. When properly cooled the candy will easily "pop out" from the mold. Simply remove one half of the mold, then turn the candy upside down and tap the mold. The candy will fall out easily into your hands. If you are in doubt as to whether the candy is fully hardened, leave it in the freezer little longer. If there is excess "flash" (a feathered ridge of chocolate along the seam of the matching halves) just remove it with a small paring knife to give a nice finished look to your candy.

~~~ THE FINAL TOUCH: HOLLOW & SOLID ~~~

If bottom of your chocolate masterpiece is not perfectly flat: Place cookie sheet on stove top, and set heat to *lowest* possible setting. When sufficiently warmed, put the chocolate piece on cookie sheet and gently rub [slide back & forth] to smooth/flatten completely. Put finished product on parchment paper for about 5 minutes, to cool.

How do you temper chocolates?

This page gives you the basics you need to temper manually using several possible techniques.
To print this page scroll to the bottom & click on the Printer Link

1. Using a Double Boiler

- A. Melt the chocolate to 100-110° F
- B. Allow the coating to cool to:

1. 83-84° F if Milk Chocolate
2. 85-86° F if Dark Chocolate
3. 87-88° F if Rainbow Coating

C. Hold the coating at this temperature until it starts to thicken

1. Thicker coating means more "seed" crystals
2. Thinner coating means there are less "seed" crystals

D. Allow the coating to warm to:

1. 86-87° F if Milk Chocolate
2. 89-90° F if Dark Chocolate
3. 90-92° F if Rainbow Coating

E. Hold the above temperature.

2. Hand Dipping

A. Melt some coating by either:

1. Placing some coating in a sauce pan in a warm oven

- a. Do not heat above 130° F
- b. Stir occasionally while melting

2. Or placing some coating in a double-boiler

- a. Use low heat
- b. Stir coating while it melts
- c. Do not allow water or water vapor to come into contact with the coating

B. Cool the melted coating to about 92° F

C. Pour about 1/2 lb. of the melted coating onto a cool surface

D. Mix and fold the coating with the hand until it become fairly thick

E. Add about 2 lbs. of the melted coating to the thickened coating

F. Mix the two together very thoroughly

1. Add more of the 92° coating if it is still too thick
2. Add less 92° coating for more advanced temper

G. Coat the centers

1. Cover the center with tempered coating
2. Shake the excess coating off the center
3. Place coated center on a tray, foil, or waxed paper
4. Trace a design on the top using a finger

3. Shaved Coating Method

- A. Melt some coating as in Part 2, a.
- B. Cool the melted coating to about 92°
- C. Using a knife or a spatula, slice some coating from a block of coating that is in good temper
 - 1. Make a slice as thin as possible
 - 2. The ratio of shavings should be 1 part shavings to 9 parts melted coating
- D. Stir the shavings into the melted coating until the shavings are completely melted and thoroughly mixed into the coating
- E. Adjust the temperature of the coating to the appropriate temperature (as listed in Part 1, e.)
 - 1. Use room temperature air to cool the coating
 - 2. Heat the coating very gradually if it is too cold F. The coating can now be used for either enrobing or molding

4. The 80/20 Method of Tempering

(NOTE: this method will work with both chocolate and compound coatings that have a melt point of approximately 92° F. It will automatically adjust the coating to the proper final temperature.

- A. Melt some coating as described in 2, a.
- B. Cool the coating until it is 93-95°F
- C. Pour 20% of the coating into a separate sauce pan
- D. Stir the coating in the pan containing the 20% until it starts to become pasty
- E. Return to 20% to the pan containing the 80% of the coating F. Mix the two together thoroughly
- G. The coating should now be in temper

5. Important Temperatures

- A. Work area 75-85° F
- B. Molds 78-82° F
- C. Candy Centers 70-75°F
- D. Cooling Area 65-70° F (initial cooling)
Cooling Area 45-50° F (main cooling)
Cooling Area 65-70° F (final phase)

6. Useful Tools

- A. A thermometer - preferably a metal thermometer that can be calibrated
- B. A wood handled spatula with a rubber blade

Troubleshooting Guide for Tempering Chocolate

PROBLEM: BLOOM (Gray Surface!)

Probable Cause #1: Excessively cold air or too rapid a cooling rate Solution: Use warmer air during initial cooling in cooling area

Probable Cause #2: Lack of "seed" crystal Solution: Allow the chocolate to thicken more before heating the chocolate

to the deposit temperature

Probable Cause #3: Excessive amounts of incompatible fat

Solution: CANNOT BE CORRECTED BY TEMPERING (small amounts - up to 5% - can be added to pure chocolate to recover the product)

Probable Cause #4: One of the most common causes is improper storage conditions in which the product is temperature stressed

Solution: Do not allow the chocolate to be subjected to alternating periods of warm temperatures and cold temperature during storage

PROBLEM: FINGERPRINT BLOOM

Probable Cause #1: Fingers are warmer than the temperature at which cocoa butter will melt

Solution: Do not handle the chocolates unless hands are cool and dry or wear gloves

PROBLEM: GRAY IN SOLID CHOCOLATE (has the appearance of slate)

Probable Cause #1: Cold air is blowing on the chocolate as it is poured into the mold

Solution: Raise the temperature in the work area and keep drafts from blowing on the chocolate

PROBLEM: GRAY SURFACES

Probable Cause #1: The chocolate was too cold when it was deposited

Solution: Raise the chocolate to the proper deposit temperature

Probable Cause #2: Excessive "seed", the chocolate is too advanced in temper

Solution: Add some untempered chocolate to the tempered chocolate to dilute the amount of "seed" to the proper level

PROBLEM: STICKY SURFACES

Probable Cause #1: Moisture is condensing on surface of the chocolate (sweating)

Solution: Dehumidify the air in the room or allow the chocolate to warm up before exposing it to room air

PROBLEM: GREASY SURFACES

Probable Cause #2: The chocolate was not properly tempered

Solution: Be sure there is enough "seed" before molding

PROBLEM: VERY SHINY SURFACES

Probable Cause #1: The chocolate was not properly tempered

Solution: Be sure there is enough "seed" before molding

PROBLEM: CHOCOLATE BECOMES GRANULATED WITH TIME

Probable Cause #1: The chocolate was deposited without being tempered

Solution: Follow one of the listed tempering procedures

PROBLEM: GRANULATED STREAKS DEVELOP IN THE CHOCOLATE AFTER A PERIOD OF TIME

Probable Cause #1: The "seed" material was not mixed adequately with the untempered chocolate

Solution: Be sure the chocolate is thoroughly mixed before attempting to deposit it

Probable Cause #2: Hot air was blowing on the stream of chocolate as it was being poured into the mold

Solution: Be sure the air in the work area is not warmer than the chocolate that is being deposited

PROBLEM: CHOCOLATE IS STICKING TO MOLDS

Probable Cause #1: The mold is too cold

Solution: Be sure the mold is approximately 80° F before depositing the chocolate

COOKING FOR YOUR PET



Doggy Biscuits in a Jar Recipe

Makes 1 Quart

- 1 quart wide-mouth canning jar
- 1 dog biscuit cookie cutter
- 16 inches pretty ribbon
- 1 large envelope, with a hole punched in the upper left hand corner
- 1 cup all-purpose unbleached flour
- 1 cup whole wheat flour
- 1/2 cup yellow cornmeal
- 1/2 cup instant nonfat dry milk powder
- 1 teaspoon brown or granulated sugar
- 1/2 teaspoon garlic powder
- 1 pinch salt

Type baking instructions (see below) on a pretty piece of paper or card and tuck inside the envelope.

In a medium mixing bowl, combine: the flours, cornmeal, milk powder, sugar, garlic powder and salt. Using a funnel, pour dry ingredients into the jar. Close jar tightly. Tie dog biscuit cookie cutter and instruction card around the top of the card with a pretty ribbon.

Doggy Biscuits:

Position a rack in the center of the oven. Preheat it to 250 degrees F.

Place Doggy Biscuits mix ingredients in a medium size bowl. Add 1 large egg, 1/2 cup shredded sharp Cheddar cheese, 1/4 cup grated Parmesan cheese, and 1/4 to 1/2 cup (or more) hot chicken broth, beef broth or very hot water. Make a dough that is very heavy, but not sticky. Add more flour or water, 1 teaspoon at a time if dough is too moist (use flour) or too dry (use hot water). Turn out dough onto a floured pastry cloth and knead 8 to 10 times until elastic. Let dough rest for 5 minutes.

Roll out dough 1/2 of an inch thick and cut with a dog-bone shaped cutter. Place cookies close together as they will not spread. Bake for 1 hour. Rotate the baking trays in the oven (turn tray around 180 degrees), and bake them another half hour. Cool the cookies in the pan for 1 minute, then transfer to a wire cake rack to cool completely.

Alfie and Archie`s Dog Biscuits Recipe

Makes 24

- 2 1/2 cups whole wheat flour
- 1/2 cup powdered dry milk
- 1/2 teaspoon salt
- 1/2 teaspoon garlic powder
- 1 teaspoon brown sugar
- 6 tablespoons meat drippings
- 1 beaten egg
- 1/2 cup ice water

Preheat oven to 350 degrees. Lightly oil a cookie sheet. Combine flour, dry milk, salt, garlic powder and sugar. Cut into meat drippings until mixture resembles corn meal. Mix in egg. Add enough water so that mixture forms a ball. Using your fingers, pat out dough onto cookie sheet to half inch thick. Cut with cookie cutter or knife and remove scraps. Scraps can be formed again and baked.

Bake 25 - 30 min. Remove from tray and cool on rack.

An Apple a Day Dog Treat Recipe

Makes 24

- 2 cups whole-wheat flour
- 1/2 cup unbleached flour
- 1/2 cup cornmeal
- 1 apple, chopped or grated
- 1 egg, beaten
- 1/3 cup vegetable oil
- 1 tablespoon packed brown sugar
- 3/8 cup water

Preheat oven to 350 degrees. Spray cookie sheet with vegetable oil spray.

Lightly dust work surface with flour. Blend flours and cornmeal in large mixing bowl. Add apple, egg, oil, brown sugar and water; mix until well blended. On floured surface, roll dough out to 7/8-inch thickness. Cut with cookie cutters of desired shape and size. Place treats on prepared sheet. Bake in preheated oven 35 to 40 minutes. Turn off oven. Leave door closed 1 hour to crisp treats. Remove treats from oven. Store baked treats in airtight container or plastic bag and place in refrigerator or freezer.

Apple Cinnamon Dog Cookies Recipe

Makes 24

- 5 ounces Dried Apples
- 1 teaspoon Cinnamon
- 1 tablespoon Parsley Flakes
- 1 tablespoon Garlic Powder
- 1 cup Ice water
- 1/2 cup Corn Oil -- plus
- 1 tablespoon Corn Oil
- 5 cups Flour
- 1/2 cup Powdered milk
- 2 eggs

Place dried apples in a food processor and finely chop. Combine all ingredients in large bowl and mix well until dough forms. Roll out dough using a rolling pin to 1/4" thick. Cut into shapes as desired. Place on cookie sheets and bake at 350F for 20-25 minutes.

Apple Crunch Pupcakes Recipe

Serves 12

- 2 3/4 cups water
- 1/4 cup unsweetened applesauce
- 1/4 teaspoon vanilla
- 4 cups whole wheat flour
- 1 cup dried apple chips
- 1 tablespoon baking powder
- 1 egg -- lightly beaten
- 4 tablespoons honey

Preheat oven to 350F. Spray muffin tin with cooking spray. Mix all wet ingredients thoroughly. Combine dry ingredients in a separate bowl. Add wet to dry slowly, scraping well to make sure no dry mixture is left. Pour mixture into muffin tins. Bake 1 hour and 15 minutes, or until a toothpick inserted into the center comes out dry. Store in a sealed container.

Baby Food Doggie Cookies Recipe

Serves 18

- 3 Jars Baby Food -- beef or carrots or chicken
- 1/4 cup Cream Of Wheat
- 1/4 cup Dry milk powder, more if needed

Combine ingredients in bowl and mix well. Roll into small balls and place on well-greased cookie sheet. Flatten slightly with a fork. Bake in preheated 350 degree oven for 15 minutes until brown. Cool on wire racks and STORE IN REFRIGERATOR. Also freezes well.

Bacon Bits For Dogs Recipe

4 dozen

- 6 slices cooked bacon -- crumbled
- 4 eggs -- well beaten
- 1/8 cup bacon fat
- 1 cup water
- 1/2 cup non-fat dry milk powder
- 2 cups graham flour
- 2 cups wheat germ
- 1/2 cup cornmeal

Mix ingredients with a strong spoon; drop heaping tablespoonfuls onto a greased baking sheet. Bake in a 350 oven for 15 minutes. Turn off oven and leave cookies on baking sheet in the oven overnight to dry out.

Dog and Cat Biscuits Recipe

Serves 24

- 2 1/2 cups whole wheat flour
- 1/2 cup powdered skim milk
- 1 teaspoon garlic powder
- 1 egg -- beaten
- Flavoring: Meat drippings, broth or water from canned tuna (enough to make a stiff dough).

Combine flour, powdered milk and garlic powder in a medium sized bowl. Add beaten egg, flavoring and mix well with hands. Dough should be very stiff. If necessary add more flavoring. On a well-floured surface, roll out dough to 1/4 inch thickness. Cut with shaped cookie cutters of your choice. Place biscuits on cookie sheets and bake at 350 degrees for 30 minutes.

Bone-Shaped Dog Biscuit Recipe

Serves 18

- 1 egg
- 1/2 cup milk
- 1/4 cup vegetable oil
- 1/4 cup honey
- 1 1/2 cup all-purpose flour
- 3/4 cup bran cereal
- 1/4 cup rolled oats

Preheat oven to 350 degrees. Lightly beat the egg. Stir in the milk, oil and honey. Combine the flour, cereal and rolled oats. Add them to the egg mixture and stir until you have created a stiff dough. Sprinkle flour on a pastry cloth and roll out the dough to 1/4 inch thick. If the dough is too soft, add more flour. Cut the dough into bone shapes, and line them up on a lightly greased baking sheet. Bake for about 15 minutes.

Cat Cookie Recipe

Serves 24

- 7 ounces mashed sardines
- 1/4 cup dry non-fat milk
- 1/2 cup wheat germ

Mix ingredients. Roll into 24 small balls. Placed on greased cookie sheet. Flatten with a fork. Bake at 350 degrees until brown.

Chicken and Honey dog Biscuits

Serves 18

- 2 1/2 teaspoons dry yeast
- 1/4 cup lukewarm water
- 1 egg
- 3/4 cup chicken broth
- 1/4 cup honey
- 2 tablespoons minced garlic
- 3 cups whole wheat flour
- 1 cup cracked wheat

Preheat oven to 325 ° F (165 ° C).

In a large bowl, dissolve yeast in water. Add egg, broth, honey, and garlic. Gradually blend in the flour and cracked wheat. Add enough wheat flour to form a stiff dough.

Transfer to a floured surface and knead until smooth (about 3-5 minutes). Shape the dough into a ball and roll to 1/4-inch (6 mm) thick. Using bone-shaped cookie cutters, cut out biscuits. Place on un greased baking sheets, spacing them about 1/4-inch (6 mm) apart. Gather up the scraps, roll out again, and cut additional biscuits.

Bake for 45 minutes. Let cool overnight.



Dog Biscuits Deluxe recipe

Serves 24

- 2 cups whole wheat flour
- 1/4 cup sunflower seeds or pumpkin seeds
- 1/4 cup cornmeal
- 2 tablespoons oil, melted butter or fat
- 1/2 cup soy flour
- 1/4 cup unsulfured molasses
- 1 teaspoon bone meal
- 2 eggs
- 1/4 cup milk -- beaten with eggs
- 1 teaspoon salt

Mix dry ingredients and seed together. Add oil, molasses and all but 1 tablespoon of the egg/milk mixture. Add more milk if needed to make a firm dough. Knead a few minutes, let dough rest for 1/2 hour or more. Roll out to 1/2 ". Cut into shapes and brush with the rest of the egg/milk mixture.

Bake on cookie sheets at 350 degrees for 30 minutes or until lightly toasted. To make biscuits harder, leave them in the oven with the heat turned off for an hour or more.

Dog Cookies Recipe

Serves 4 Dozen

- 2 cups quick-cooking oats
- 1/2 cup butter -- cut into pieces
- 4 beef or chicken bouillon cubes
- 2 cups boiling water
- 2 cups whole wheat flour
- 1 1/2 cup yellow cornmeal
- 2 tablespoons sugar
- 1 cup skim milk
- 2 large eggs
- 2 cups grated cheese (optional)
- 2 cups all-purpose flour -- more as needed

Preheat oven to 350F degrees. Spray cookie sheets with nonstick cooking spray.

Measure oats into a medium bowl, top with pieces of butter and the bouillon cubes. Pour in boiling water and let sit 10 minutes to dissolve the butter and bouillon. Mix well, then add whole wheat flour, cornmeal, sugar, milk, eggs and optional cheese. Add enough of the all purpose flour to make a stiff dough. Mix well, using hands if necessary.

Roll out dough. The thinner the dough, the crisper the baked treats will be. Use bone or cat shaped cookie cutter to cut out cookies. Bake on prepared cookie sheets until hard, 5-15 minutes depending on how thin the dough is rolled. Remove from cookie sheets and cool completely.

Dog Food Dumplings

serves 12

- 2 eggs -- beaten
- 1 teaspoon oil
- 1/2 cup water
- 1 cup dry dog food

Pulverize the dry dog food in a blender or food processor until smooth. Mix the eggs, oil and water together in a large bowl. Stir in the dog food until well mixed. Drop by spoonfuls into boiling water. Boil for three minutes. Remove with slotted spoon and let cool. Store in the refrigerator. This is excellent for an added treat to your dogs regular food or for dogs who have to be on a soft food diet.

Doggie Beef Twists

Serves 36

- 3 1/2 cups all purpose flour
- 1 cup corn meal
- 1 package unflavored gelatin
- 1/4 cup milk
- 1 egg
- 1/4 cup corn oil
- 1 ounce jar strained beef baby food
- 1 beef boullion cube
- 3/4 cup boiling water

Dissolve boullion cube in water. Sift dry ingredients in large bowl. Add milk, egg, oil, beef and beef boullion. Stir until well mixed. Roll out on a floured surface to 1/4 inch thickness. Cut in 1/4 inch by 3 inch strips, twisting each stick 3 turns before placing on cookie sheet. Bake 35-40 minutes at 400 degrees. Store in refrigerator

Doggie Cornbread

Serves 24

- 1 package Jiffy Corn Muffin Mix
- 1 pound liver, pureed
- Garlic to taste

Follow the directions on the corn muffin mix and add the liver and garlic as well. Mix well and pour onto a pizza pan. Bake at 350 degrees for 15 - 20 minutes. Cool and cut into cubes. Refrigerate.

Doggie Biscuits in a Jar

Serves 1 Quart Size jar, Makes 24 Biscuits

- 1 quart wide-mouth canning jar

- 1 dog biscuit cookie cutter
- 16 inches pretty ribbon
- 1 large envelope, with a hole punched in the upper left hand corner
- 1 cup all-purpose unbleached flour
- 1 cup whole wheat flour
- 1/2 cup yellow cornmeal
- 1/2 cup instant nonfat dry milk powder
- 1 teaspoon brown or granulated sugar
- 1/2 teaspoon garlic powder
- 1 pinch salt

Type baking instructions (see below) on a pretty piece of paper or card and tuck inside the envelope.

In a medium mixing bowl, combine: the flours, cornmeal, milk powder, sugar, garlic powder and salt. Using a funnel, pour dry ingredients into the jar. Close jar tightly. Tie dog biscuit cookie cutter and instruction card around the top of the card with a pretty ribbon.

Doggy Biscuits:

Position a rack in the center of the oven. Preheat it to 250 degrees F.

Place Doggy Biscuits mix ingredients in a medium size bowl. Add 1 large egg, 1/2 cup shredded sharp Cheddar cheese, 1/4 cup grated Parmesan cheese, and 1/4 to 1/2 cup (or more) hot chicken broth, beef broth or very hot water. Make a dough that is very heavy, but not sticky. Add more flour or water, 1 teaspoon at a time if dough is too moist (use flour) or too dry (use hot water). Turn out dough onto a floured pastry cloth and knead 8 to 10 times until elastic. Let dough rest for 5 minutes.

Roll out dough 1/2 of an inch thick and cut with a dog-bone shaped cutter. Place cookies close together as they will not spread. Bake for 1 hour. Rotate the baking trays in the oven (turn tray around 180 degrees), and bake them another half hour. Cool the cookies in the pan for 1 minute, then transfer to a wire cake rack to cool completely.

Doggy Hors D'Oeuvres Serves 5 Cups

- 1 pound beef liver -- cubed
- 2 cups beef bouillon
- 1 tablespoon minced onion
- 1 teaspoon garlic powder
- 16 ounces plain yogurt

In a saucepan, cover cubed liver with the bouillon and simmer until completely cooked; drain. Place liver and remaining ingredients in a food processor and blend until smooth. Add extra bouillon or water if needed to achieve desired consistency. Refrigerate immediately. Use within 3-4 days.

To "serve", dip dog biscuits into dip and give to Rover.

Note: this recipe makes a lot so unless you have multiple large dogs, I'd scale it down as needed.

Fanny Farmer Biscuits

Makes 24

- 2 Eggs
- 2 tbs. Soy flour
- 2 tbs. Wheat germ
- 2 tbs. Instant non-fat dry milk
- 4 tbs. Water
- 2 cups Whole wheat flour

Preheat oven to 350F. Break eggs into a bowl and stir until blended. Add soy flour, wheat germ, dry milk and water. Stir until smooth. Add whole wheat flour and mix into egg mixture with your hands. Dough will be stiff and dry. Pat dough into a rectangle 3" wide and 1/2" thick, then cut it into 3/4" wide bones shapes.

Place 1" apart on an ungreased cookie sheet. Bake for 25 minutes on one side and turn over and bake 25 minutes on the other side. Cool biscuits on racks.



Everyday dog Biscuits

Makes 36

- 2 teaspoons dry yeast
- 1/2 cup lukewarm water
- 2 tablespoons dry parsley
- 2 tablespoons minced garlic
- 1 1/2 cup chicken broth
- 3 tablespoons honey
- 1 egg
- 5 cups whole wheat flour, more as needed

Preheat oven to 350 ° F (180 ° C).

In a large bowl, dissolve yeast in warm water. Stir in the parsley, garlic, broth, honey, and egg. Gradually blend in flour, adding enough to form a stiff dough.

Transfer to a floured surface and knead until smooth (about 3-5 minutes). Shape the dough into a ball, and roll to 1/4-inch (6 mm) thick. Using small bone-shaped cookie cutters, make biscuits! Transfer to ungreased baking sheets, spacing them about 1/4 inch (6 mm) apart. Gather up the scraps, roll out again, and cut additional biscuits.

Bake for 30 minutes. Remove from oven and turn over. Bake for an additional 15 minutes, or until lightly browned on both sides. Let cool overnight. (After we finish baking all batches of biscuits, we turn off the oven, then spread all the biscuits out on one baking sheet and set them in the oven to cool overnight. The extra time in the oven as it cools off helps make the treats crispier and crunchier.)

Flea-Away Dog Biscuits

Serves 24

- 2 cups all-purpose flour
- 1/2 cup wheat germ
- 1/2 cup brewer's yeast
- 1 teaspoon salt
- 2 cloves garlic, minced
- 3 tablespoons olive oil or sesame oil
- 1 cup chicken stock, or beef or vegetable stock

Preheat the oven to 400 degrees. Grease two to three baking sheets. In a medium bowl, combine the first four ingredients. In a large mixing bowl, combine the garlic and oil. Alternately, add the flour mixture and the stock into the oil and garlic, beating until the dough is well mixed. Shape the dough into a ball. On a lightly floured surface, roll the dough to a 12-inch circle. Using a two-inch biscuit cutter, cut the dough into rounds. (Or use a cookie cutter with a dog-biscuit shape.) Transfer the biscuits to greased baking sheets. Bake 20 to 25 minutes, or until the biscuits are well browned. Turn off the heat and allow the biscuits to dry in the oven for several hours or over night. Store in the refrigerator or freezer.

Good Puppy Cookies

Serves 24

- 1/2 cup Powdered Milk
- 1 Egg - well beaten
- 2 1/2 cups Flour
- 1/2 teaspoon Garlic Salt
- 1 1/2 teaspoon Brown Sugar
- 6 Tbs. Gravy
- 1 large Jar Baby Food Meat

Mix all ingredients. Roll out about 1/2" thick. Cut with cookie cutter or shape by hand. Bake at 350 degrees for 25 to 30 minutes.

Dog Breath Freshener Biscuits

Serves 24

- 2 cups brown rice flour
- 1 tablespoon activated charcoal*
- 3 tablespoons oil
- 1 egg
- 1/2 cup fresh mint -- chopped
- 1/2 cup fresh parsley -- chopped
- 2/3 cup lowfat milk

Preheat oven to 400F. Lightly oil a cookie sheet. Combine flour and charcoal. Add all the other ingredients. Drop teaspoonfulls on oiled sheet, about 1 inch apart. Bake 15-20 minutes. Store in airtight container in the refrigerator.

Note: *Find activated charcoal at drugstores, not the briquets!

Kitty Cat Cookies

Serves 24

- 1 cup whole wheat flour
- 1/2 cup cornmeal
- 1/2 cup soy flour
- 1/2 cup wheat germ
- 1/2 cup dried catnip
- 1/4 cup canned tuna (water packed) -- well drained
- 1/2 cup juice from drained tuna -- Add water if needed
- 1/2 cup corn oil
- 1 egg -- lightly whisked

Preheat oven to 350 degrees F. In a large bowl, combine dry ingredients and mix. Then add remaining ingredients and stir to form a stiff dough. If the dough seems to sticky, add a little more whole wheat flour. Make dough into a ball shape and place on wax paper. Roll out to 1/4 to 1/2 inch thickness. Cut into shapes with animal shaped cookie cutters, if desired. Reroll and cut more cookies until scraps are used. Bake on an ungreased cookie sheet for about 25 minutes. Store in a plastic bag, that you keep tightly wrapped, in the refrigerator.

Kitty Snacks

Serves 2 Cups

- 1/2 cup canned mackerel, drained
- 1 cup whole-grain bread crumbs
- 1 tablespoon vegetable oil
- 1 egg, beaten
- 1/2 teaspoon brewer's yeast, optional

Preheat oven to 350° F.

In a medium-size bowl, mash the mackerel with a fork into tiny pieces. Combine it with the remaining ingredients and mix well. Drop mixture by 1/4 teaspoonsful onto a greased cookie sheet. Bake for 8 minutes. Cool to room temperature and store in an airtight container in the refrigerator.

Kitty Cat treats

Serves 24

- 1/2 pound ground beef or turkey
- 1 small carrot -- finely grated
- 1 tablespoon cheese -- grated
- 1 teaspoon brewer's yeast
- 1 teaspoon dried catnip
- 1/2 cup whole wheat bread crumbs
- 1 egg -- beaten
- 1 tablespoon tomato paste

Preheat oven to 350 degrees. In a medium sized bowl, combine the meat, carrot, cheese, brewer's yeast, catnip and bread crumbs. Add the egg and tomato paste and mix well. Using your hands, roll the mixture into walnut - sized meatballs and place on a lightly greased cookie sheet. Bake for about 15 minutes until the meatballs are brown and firm. Cool the meatballs completely before storing in an airtight container in the refrigerator. These freeze well.

Microwave Dog Biscuits

Serves 24

- 2 cups whole wheat flour
- 1/2 cup beef or chicken broth
- 1 egg
- 1/2 teaspoon onion salt
- 1/2 teaspoon garlic salt
- 1/2 teaspoon garlic powder

Mix dry ingredients together. Add egg and enough broth to moisten. Roll dough into a ball on a floured surface. Roll dough out and cut with cookie cutter. Place on a microwave-safe baking dish in a single layer. Bake on HIGH in microwave for 10 minutes or until firm. Let biscuits cool and harden.

Spice Dog Biscuits

Serves 24

- 1 1/2 cup Flour
- 1 1/2 cup Wheat Flour
- 1/2 cup Cornmeal
- 2 Tbs. Powdered Milk
- 1 teaspoon Ground Cinnamon
- 1 teaspoon Ground Nutmeg
- 1 1/2 teaspoon Ground allSpice
- 1 Egg - slightly beaten
- 1 cup Water, more if needed

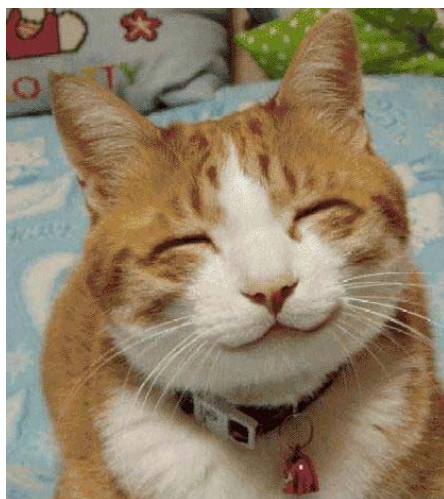
Mix all dry ingredients. Add egg. Gradually add water while stirring. Use just enough water to form a stiff dough. Knead until smooth. Roll out 1/4" thick and cut. Bake at 350 degrees F for 45 minutes to 1 hour. Leave in oven to cool and harden for at least 5 hours.

Treats for Senior Cats

Serves 1 Cup

- 1 boullion cube (chicken or veggie)
- Left over chicken - boned and shredded
- Grated cheese
- 1/2 cup water

Pour 1/2 cup warm water over bullion cube and stir to dissolve. Add shredded chicken to water mixture just enough to form soupy consistency. Sprinkle with grated cheese.



Peanut Butter Dog Bones

Serves 24

- 1 package dry yeast
- 1/2 cup lukewarm water
- 1 cup mashed potatoes
- 1 cup milk
- 1/4 cup molasses
- 1/2 cup chicken stock
- 1 cup chunky peanut butter
- 1 cup whole wheat flour
- 1/2 cup rye flour
- 1/2 cup rice flour
- 1 egg
- 2 cups all-purpose white flour

Preheat oven to 325 ° F (165 ° C).

In a large bowl, dissolve the yeast in water. In a large saucepan, mix together the potatoes, milk, molasses, stock, and peanut butter. Heat, stirring frequently until boiling. Remove from heat and let cool to room temperature. Add yeast mixture. Gradually blend in the egg, wheat, rye, and rice flours. Add enough white flour to form a stiff dough.

Transfer to a floured surface and knead until smooth (about 3-5 minutes). Shape the dough into a ball and roll to 1/2-inch (12 mm) thick. Using cookie cutters, cut out biscuits. Place on ungreased baking sheets, spacing them about 1/4-inch (6 mm) apart. Gather up the scraps, roll out again, and cut additional biscuits.

Bake for 45 minutes. Let cool overnight.

SPICES AND SEASONING. HISTORY AND USES

Allspice- Native to the West Indies and parts of Latin America, allspice, a tall aromatic evergreen tree, grows prolifically in Jamaica where it is widely used in native dishes. Its flavor, a mingling of the taste of cloves, cinnamon and nutmeg gives allspice its name. Despite its combination of oriental flavors, allspice is used in almost every country, in both sweet and savory dishes, and is especially popular in Scandinavian, Near and Middle Eastern cookery.

Basil - Basil originate from India, where it is regarded by Hindus as a sacred bush, although it is used little in cooking. In the West, basil is a symbol of fertility. Introduced into Britain in the 16th century, basil's use in Western cooking is comparatively recent. It was an essential ingredient in turtle soup but is now used primarily with tomatoes, eggs and Italian dishes.

Bay Leaves - Bay is an evergreen that is said to have originated in Asia Minor, but quickly spread to be widely grown in the Mediterranean. Both the Greeks and Romans used it as crowns for their emperors and victors as a sign of wisdom and glory. It was even said to keep away lightning. A traditional part of bouquet garni, bay leaves are also used in stocks, casseroles and pates.

Black Pepper - Pepper comes from tropical trailing vines native to Southeast Asia. Used as a medium for barter, honor and ransom, as well as cooking, pepper has been an important spice throughout history. Undoubtedly the most familiar and indispensable for all cooking spices in the West, pepper is an important component in a multitude of dishes.

Caraway Seed - Caraway is a member of the parsley family and has been known since ancient times. Native to Europe and temperate Asia, it was used by the Romans, and is now established in most European cookery. Caraway's slight peppery taste goes well with German style breads and cakes as well as goulashes, cheese dishes and salads,

especially coleslaw.

Cayenne - Cayenne pepper is made from the 'Bird chilli' a member of the pepper family. Indigenous to South America, its name is reputed to have come from Cayenne in French Guiana. An important ingredient in North African, Indian and Latin American recipes, cayenne is often used as a milder alternative to chilli powder. It teams well with fish, seafood, egg and cheese dishes.

Celery Salt - Wild celery, or smallage, was very popular with the Romans. However, it was not until the 17th century that garden celery, a less bitter tasting plant, was cultivated by the Italians. Celery salt can be used to flavor stuffings, soups and stews or as an everyday condiment.

Chili - Chili peppers are a very ancient spice, their cultivation stretching back 10,000 years. They originate from Latin America where there are many hundreds of different varieties. An essential ingredient in Asiatic, African and Latin American cooking, chili's hot taste can be used in a variety of dishes from pickles and chutneys to poultry, meat and fish dishes.

Chives - Chives grow wild in many parts of Europe and North America. although chiefly cultivated for cooking in the Middle Ages, chives were first brought to Britain by the Romans. A member of the onion family, their green colour makes them an ideal garnish. Chives may also be used in egg dishes and are an essential ingredient of "fines herbes".

Cinnamon - True cinnamon is native to Sri Lanka, and was introduced into Europe by the Dutch. Cinnamon comes from the dried, peeled bark of small evergreen trees. A universally popular spice, in the West cinnamon is used primarily in sweet dishes, especially with apples. In the East its main use is in savory curries and spicy meat stuffings.

Cloves - Native to Southeast Asia, cloves were used in China several hundred years before Christ. Their unmistakable aroma enhances both sweet and savory dishes such as pickles, curries and apple desserts. Traditional British dishes include honey-roasted ham studded with cloves and mulled wine.

Coriander - Mentioned in the Bible, coriander is one of the most ancient herbs. Its use in Europe, India and China, in both medicine and cookery, goes back many thousands of years. A member of the parsley family, coriander was brought to Britain by the Romans. Used in spicy dishes and curries, it is probably the most commonly used flavoring herb in the world.

Cumin - Cumin came originally from the East, but it was being grown in the Mediterranean region many years before Christ. The Romans used it as a substitute for pepper and even ground it to a paste to spread on bread. Cumin has also been used for medicinal purposes and was believed by the Romans to encourage pale skin. A common ingredient in Indian dishes, cumin is a distinctive and powerful spice that is essential to any cook of Oriental, Mexican and other spicy dishes.

Curry - The curry plant is a native to south west Asia and grows profusely in the forests of the Himalayan foothills. The leaves of the curry plant are used in South Indian vegetarian dishes and give Madras curry its distinctive smell. Curry powders are made by combining many different spices, including the curry plant, and the word curry has in fact derived from the Tamil word 'kari', meaning sauce.

Garlic - Garlic originated in Asia but it has been grown around the Mediterranean since the days of the ancient Egyptians. An extremely healthy food, garlic has been used for medicinal purposes throughout history. As garlic blends with all meat, game, fish and shellfish and most vegetables, it has become an essential ingredient in the everyday cooking of most cultures throughout the world.

Ginger - Cultivated for centuries in Southeast Asia, where it originated, ginger was common in Europe in pre-Roman times. As a medicine, ginger was taken to protect against the Black Death. In European cooking, ginger is used mainly in cakes, biscuits and breads. Asian cooking uses it in many meat and fish dishes.

Mace - Mace and nutmeg are two distinctive but uniquely related spices: they are both parts of the evergreen nutmeg tree. Although the two spices smell rather similar, the taste of mace is more powerful and should be used in moderation. Mace can be used in sweet dishes and forms a common part of the spicing in cakes. Its warm pungency means that mace is also well suited to savory dishes such as chowders, potted meat dishes and savory pies and is a traditional seasoning for English spiced beef.

Marjoram - Sweet marjoram is native to the Mediterranean, and has been cultivated as a flowering herb since ancient times. It is used in virtually every country in Europe, and is common in Western dishes. Sweet marjoram can be utilised in any dish in which one would use thyme, to whose flavor marjoram is related. It is best added to dishes shortly before the end of cooking.

Mint - There are many species of mint, mostly grown in the temperate regions of the Old World, particularly around the Mediterranean. Mint has been used as a flavoring since antiquity. Garden mint was introduced into Britain by the Romans and is used in English cooking primarily for making mint sauce and jelly to accompany lamb or mutton.

Mustard - Mustard has been used as a spice for thousands of years and was eaten by both the ancient Greeks and Romans. Members of the cabbage family, mustard plant: black, brown and white. It is the whole seeds that are the basis of all prepared mustards. Used both as a condiment and flavoring, mustard is widely valued in cookery throughout the world.

Nutmeg - Nutmegs came into general use in the 16th century, although they had been known in Britain at least 400 years before. Nutmeg is the dried kernel of the fruit of the nutmeg tree, native to the Philippines and parts of Indonesia. It features in both sweet and savory dishes, and goes well with cheese, mutton and milk drinks and puddings.

Onion - The garden onion is unknown in the wild state, but its ancestor almost certainly

originated from central Asia. Onions have been used for over 4,000 years and were grown by the ancient Egyptians. There are many varieties of onion used throughout the culinary world making it the most common of all our vegetable flavorings.

Oregano - Oregano or wild marjoram, as it is sometimes now, is a herb native to Italy. With the rise in popularity of traditional Italian pizza and pasta dishes, oregano's use in Britain has increased greatly over the last few decades. It goes exceptionally well with tomatoes and can be used with fish, shellfish and spicy meat dishes.

Paprika - Paprika is made from a variety of members of the pepper family that originated in Europe. It is considered to be the national spice of Hungary, from where its name derives, and is also widely used in Spanish cooking. Rich in vitamin C, paprika is particularly good with fish and shellfish as well as with traditional meat stews or goulashes.

Parsley - Known since ancient times, the Greeks fashioned parsley into garlands to crown their victorious athletes, but did not eat it. The Romans not only ate parsley, but also placed it in bunches on their banquet tables and wore it in wreaths around their necks. First cultivated in Sardinia, parsley is used in both fresh and dried forms as a garnish and as a flavoring for meat, fish, soups and sauces.

Rosemary - Rosemary is a bush that grows wild in the countries around the Mediterranean. It was introduced into Britain by the Romans and it can still be found in the south today. Rosemary is most often used with grilled or roasted lamb. However, used sparingly, it can be used to very good effect, with veal, fish and shellfish.

Sage - Native to southern Europe, sage was used by the Romans for medicinal, rather than culinary purposes. However, by the 16th century, sage was being added into European cooking. Sage's main use today is in stuffings to offset fatty meats such as pork, duck and goose. In moderation it can also be used to flavor pasta and liver dishes.

Tarragon - Despite its strong aroma, which is used in the perfumery trade, French tarragon is one of the subtlest of herbs. Its best use is with foods such as eggs, fish, chicken and veal that have a delicate flavor. Tarragon's main other use in the kitchen is tarragon vinegar, which is an ingredient of many salad dressings and mayonnaises.

Thyme - Thyme was first used in cooking by the ancient Greeks, from whom the word thyme derives. Thyme has many forms and can still be found growing wild in parts of Europe. Today, thyme is commonly used in stuffings, although it can be used in game and fowl dishes or in soups.

Tumeric - Tumeric found its way into Europe through Arabia from India. For centuries, its bright yellow color has been used as a dye. It is a traditional ingredient of curries and other Asian foods where it is found in both sweet and savory rice dishes. Used also with fish, tumeric is a must in English kedgeree.

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**Published by
Raven Hawk Publishing
3311 S Whistler Dr
Tucson AZ 85730**

ISBN # 0-934269-19x

\$14.95